Five generations

Pictured are five generations of the Bruce McKee family. Seated, l-r, Mrs. Belle McKee (great-great-grandmother), Oleo McKee (great-grandfather); Standing, l-r, Melissa Jefferson (mother), holding son Chris Jefferson, and Phyllis Mitchell (grandmother). This picture was taken at Mrs. McKee's 89th birthday celebration at the home of Mr. and Mrs. James A. Hicks in Lexington. — Photo submitted

— Personals —

Mr. and Mrs. Clifford Shumate attended the Grand Master's dinner in Louisville Sunday evening. They were guests of the Most Worshipped Grand Master Joseph Conway and his wife, Peggy, of Frankfort.

Charles Hopkins of Bourbon County is recuperating at home after submitting to major surgery at Nicholas County Hospital, Wednesday, Oct. 15.

Mrs. John Brueckner of Lexington spent last Tuesday with her mother, Mrs. Ollie Cannon.

Mr. and Mrs. Gordon Gifford have returned home from a weeks visit with Mr. and Mrs. Ray Nichols of New Port Richey, FL. Returning home they spent the weekend with Mr. and Mrs. Robert McGuire of Montevallo, AL.

Mrs. Lillian Hoover of Lawrenceburg, IN spent several days last week with Edna Wagoner and Katherine Mynear. They accompanied her home for a visit.

Meredith Shumate and Lake Carnico has returned home after being a patient at Central Baptist Hospital, Lexington, for three weeks. He submitted to open-heart surgery on September 23 and nine days later had major surgery for repair of his chest.

Mrs. Gerald Griffith of Ewing spent last Wednesday with her mother, Mrs. Hiriel Asbury. Mrs. Phil Carl and Amy of Augusta and Mr. and Mrs. Steve Curtsinger and Sarah of Lake Carnico were afternoon guests of Mrs. Asbury, who was celebrating her birthday.

Jimmy Smith and son Adam of Hurricane, W VA spent the weekend with his parents, Mr. and Mrs. Donald Smith.

Mr. and Mrs. Cartmell Lester and Mr. and Mrs. Frankie Hughes spent the weekend in Nashville, TN touring many points of interest.

Mrs. Pauline Jones of Camarillo, CA has been visiting Mr. and Mrs. Joe Allen Stone and other relatives.

Mr. and Mrs. Jimmy Colville of Louisville spent the weekend with Dr. and Mrs. Robert Sparks and family.

Edna Wagoner and Katherine Mynear attended the Wagoner reunion Sunday at the home of Mr. and Mrs. Lanny Harney in Shady Nook.

Births

RIGGS

Mr. and Mrs. Eugene Riggs, Millersburg, announce the birth of a daughter Oct. 10, 1986 at the Nicholas County Hospital. She weighed six pounds eight ounces and has been named Jessica Marie.

Maternal grandparent is Mrs. Patsy Templin Whitt, Paris.

Paternal grandparent is Mrs. Alice Riggs, Millersburg.

MORRIS

Mr. and Mrs. Wendell Travis Morris, Ewing, announce the birth of a daughter Oct. 11, 1986 at the Nicholas County Hospital. She weighed seven pounds one ounce and has been named Samantha Jo.

Maternal grandparents are Mr. and Mrs. Eugene Mitchell, Ewing.

Paternal grandparents are Almetia Morris and the late Leonard Morris, Carlisle.

TAULBEE

Mr. and Mrs. Gary Lee Taulbee, Carlisle, announce the birth of a daughter Oct. 13, 1986 at the Nicholas County Hospital. She weighed six pounds eight ounces and has been named Amber Suzanne.

Maternal grandparents are Mr. and Mrs. Ray Cox, Carlisle.

Paternal grandparents are Mr. and Mrs. Bill Taulbee, Paris.

Kay's Kitchen

By Kay Fisher

It is pumpkin time, and as you drive through the country and see pumpkins piled up in roadside markets, you know all the pumpkin for pies, cakes, muffins, or whatever is not coming from a can. So if you are going to fix any of the delicious things made from fresh pumpkin, here is how to do it.

First, select a firm, dark-skinned pumpkin. Keep in mind just how much pumpkin you want to deal with. Any size will be good as far as the pumpkin goes, but a small one is easier to work with.

HOW TO COOK PUMPKIN

Wash the pumpkin and cut it in half crosswise. Remove the seeds and the strings. Place the pumpkin in a pan, shell side up, and bake it in a moderate oven 325 degrees for 1 hour or more depending on size until it is tender and begins to fall apart. Scrape the pulp from the shell and put it through a ricer or strainer.

***

Now if you want to toast the seeds, here is how.

Separate the fiber from unwashed pumpkin seeds. Add to 2 cupfuls of seed: 1½ tablespoons melted butter or oil, and 1¼ teaspoons salt.

Spread them in a shallow pan. Bake them in a very slow oven 250 degrees until crisp and brown. Stir them from time to time. You may add seasoned salt instead of plain salt if desired.

***

Want to try something different with pumpkin?

JAMAICA PUMPKIN SOUP

¼ lb. salt pork, minced
4 cups water
Dash of thyme
1 bay leaf
2 cups pumpkin
1½ teaspoon salt
Dash of pepper
1 teaspoon curry powder

Cook pork in water with thyme and bay leaf about 30 minutes; add pumpkin, salt and pepper, and cook 15 to 20 minutes longer. Put through sieve, add curry powder. Reheat, adjust seasoning and serve at once. 4 portions.

PUMPKIN-MARMALADE TARTS

2 eggs, well beaten
1 cup sugar
1 teaspoon salt
½ teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon ginger
¼ teaspoon cloves
2 cups cooked pumpkin
2 cups milk, scalded

Combine eggs, sugar, salt, and spices; gradually stir in milk, then pumpkin. Line tart pans with pastry and place a teaspoon of orange marmalade in each. Fill with pumpkin mixture. Bake in hot oven 450 degrees, 10 minutes; reduce heat to 350 degrees and bake 20 to 30 minutes longer, or until knife inserted comes out clean. Cool. Top with whipped cream.

SOCIETY

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

Attend Conley funeral Oct. 14

Some of those from out of town attending the funeral of Mrs. Joe Frank Conley last Tuesday were: Mr. and Mrs. John Holland, Bob Buntin, Mr. and Mrs. Charles Harper, Mr. and Mrs. John Conway, Mrs. Virginia T. Layne, Ann W. Crouch, Patrick Donovan, Miss Diane Bishop, Ann Lafferty, Miss Lori Heflin, E.C. Flora, Sutherland, Dr. and Mrs. Van R. Jenkins, Mrs. Nancy Donovan Meadows, all of Lexington; Connie Sousley, Mr. and Mrs. Badger Hovermale, Mr. and Mrs. Michael Woodall, Jimmy Brannon, Sharon Falconner, Mrs. Dyke Beheler, Clarence Heflin Jr., Glen Galbraith, Mr. and Mrs. Doug Lowry, Mr. and Mrs. Mike Berry, John E. Woodall, Sharon Thomas, Mr. and Mrs. Wm. Woodall, Mr. and Mrs. Steve Tobin, Mr. and Mrs. Harry Budden, Mr. and Mrs. J. Reynolds Bell, all of Paris.

Also, Tom McDonald, Mr. and Mrs. Lander Bright, Flemingsburg; Rep. and Mrs. Adrian Arnold, Marshall Cox, Mr. and Mrs. Joe Mount, Mt. Sterling; Mrs. Gerald Griffith, Ewing; John Swinford and Ron Mahoney, Cynthiana; Mr. and Mrs. Charles Lee, Mr. and Mrs. Ignatius Koury and Mr. and Mrs. John Smoot, Millersburg; Mr. and Mrs. Bobby G. Anderson and Keeli, Frankfort; Mrs. Sue Hall, Versailles; Mr. and Mrs. Don Dampier and Dr. and Mrs. Jack Shepherd, Georgetown; Vaughn Frey, Danville; Mr. and Mrs. Shy Abnee, Mt. Olivet; Mrs. Abby Stevenson, Winchester; Caywood, Donna and Mark Metcalf, Lancaster; Mrs. Conn Gibson and Martha Gibson Duff, Harrodsburg; Mr. and Mrs. Sam Christopher, Richmond; Mr. and Mrs. Wayne Winton, Manchester, TN; Gen. W.R. Burdin Jr., Brownsville; Dr. Frank Mathias, Dayton, OH.

Watkins reunion at Mt. Zion

The annual reunion of Willie Allen and Ida Belle Jackson Watkins was held at Mt. Zion Christian Church Sunday, Oct. 5.

Those attending were: Charles K. and Phyllis Watkins, George Watkins, Carlisle; Reverend Watkins, Cane Run Rd.; Helsie Watkins McElfresh, Neptune; Margarette Watkins Ring, Maysville, Ohio; Mr. and Mrs. Johnnie Fryman, Morehead; Mr. and Mrs. C. C. Flora, Lexington; Donald Watkins Sowers, Glenna Lee Watkins Banks, and Ernie Jenkin, all of Ohio; Ron and Karen Taber and Ryan, Lexington; Gary and Selina Kendall and Kyle, Ray, Hope, and Farrah Snapp, Mr. and Mrs. Billy McElfresh, Flemingsburg; Mr. and Mrs. Gene McElfresh, Gene Jr., and Michelle of Neptune.

Also, Mr. and Mrs. Don McElfresh, Tony, Kelly, Hollie and Mindy, Maysleck; Mr. and Mrs. Don Shaw, Jamie and Travis, Sherburne; Mr. and Mrs. Bucky Farris, Flemingsburg; Mr. Bobby Ring, Miamisburg, Ohio; Betty Ring Creager, Carlisle, Ohio; Mr. and Mrs. Billy Ring, Ona, Mandy, and Billy Nathan, and Mr. and mrs. Carl Howard, Miamisburg, Ohio.

Nursing conference Oct. 30 at MCC

The Maysville Community College Nursing Faculty will present a professional continuing education conference, "Abuse and Neglect of the Elderly — Is Your Care Lacking?" on Oct. 30 from 6-9 p.m. in the MCC Auditorium.

Designed for registered and licensed practical nurses, this conference will focus on the need to increase the awareness of the problem of abuse and neglect in the elderly population and will explore the health professional's role in this sensitive area. Judith W. Pullman, RN, MS, Director of Nursing Education at St. Joseph Hospital in Lexington, will be the presenter.

CEU's (three contact hours) toward licensure renewal will be awarded to participants by Maysville Community College. Registration fee is $12 if registered not later than Monday, Oct. 27. Phone 606-759-7141, extension 106.

Health Care meeting Oct. 28

The Nicholas County Health Care Auxiliary will meet for coffee Tuesday, Oct. 28, 10 a.m. in the Nicholas County Library.

Plans will be made for the Christmas Bazaar. Members are asked to bring Pysaar craft items they are working on and materials for crafts will be available to members at the meeting. Anyone interested in participating is invited to attend.

Sexual abuse prevention session set

On Wednesday, Nov. 5 from 6:30-8:30 p.m., staff from the health education program of the Fayette County Health Department will present a two hour training session on "Sexual Abuse prevention and How to Talk to Your Kids About Sex."

The training will be held in Cynthiana at the REA Meeting Building, on Oddville Avenue. It has been scheduled to provide training to foster parents, and anyone else who is interested in attending.

For more information or if you plan to attend, please call Sveree Combs at 289-7123.

Diabetes Support Group to meet

The Diabetes Support Group will meet Thursday, Oct. 23 at the Nicholas County Hospital conference room. The guest speaker will be Georgia Scott, nutritionist for the Wedco District Health Department. She will present a program on "Nutrition and the Diabetic". All diabetics are encouraged to attend.

The program is free. Refreshments will be served. For more information, call Peggy Seithers, patient education director at Nicholas County Hospital, 289-7181.

Fall conference held in Cave City

The VFW and Ladies Auxiliary of the VFW Department of Kentucky Winton, Manchester, TN; Gen. W.R. Burdin Jr., Brownsville; Dr. Frank Mathias, Dayton, OH.

Telephone Pioneers raising funds

The Telephone Pioneers of America have many activities planned to raise $5,000. This money will be used to help Kentucky handicapped, drug abused and missing and exploited children.

There are 80,000 telephone pioneers in the United States. Members are having bake sales and taking donations on a 17 ft. fishing boat. Betty Barton of Carlisle is in charge of trying to raise money for this organization.

The Pioneers were very active in raising the money to help restore the Statue of Liberty.

Sparks completes indoctrination in Air Force

Capt. Joe D. sparks, son of Charles D and Viola B. Sparks of Carlisle, has completed the U. S. Air Force military indoctrination for medical service officers at Sheppard Air Force Base, Texas.

The course acquaints newly commissioned medical personnel with professional and administrative responsibilities of Air Force officers.

His wife, Brooke, is the daughter of Larry and Delores S. Breedlove, of Chardon, Ohio.

The captain received a doctorate in 1978 from the University of Louisville Dental School.

The P.O.F.F. Club to meet Oct. 26

The People Over Fifty-five club will meet Tuesday, Oct. 26, 6:30 p.m. for a potluck supper in the fellowship hall of the First Baptist Church.

Those taking the P.O.F.F. bus tour in September to Sault Sainte Marie, MI, Canada and Mackinac Island are invited to attend and bring a dish. Each one having pictures as souvenirs are to please bring for a show and tell program.

Adult classes Monday, Oct. 27

Adult Classes will be held Monday, Oct. 27, at 7 p.m. in the Home Economics Department of Nicholas County High School. Bob O'Baker, a meat specialist of Wilkerso, Inc., will be presenting a demonstration on meats. Carlisle IGA is sponsoring the program.

Free babysitting will be available. Please come and bring a friend.

For further information, contact the Home Ec. Dept. at the high school.

Microwave use adult class topic

The Nicholas County Home Economics Department will hold an adult class Monday, Nov. 3 at 7 p.m.

Mrs. Carolyn Dobson, a K.U. home economist, will be demonstrating uses of the microwave.

Free babysitting will be provided by the FHA/HERO Chapter members. For more information contact the Home Economics Department at the high school.

Baby shower at Trussell home

Mrs. Ruby Trussell, 1750 Gravel Road will entertain with a baby shower at her home November 2, 7:00 p.m. in honor of Mrs. Sally Anderson, whose son, James Eugene, was born Monday, Oct. 13 at U. K. Medical Center, Lexington.

All friends and relatives are invited

Conducts convention workshop

Barbara Abnee is pictured conducting a Home Life workshop at the District 8 Woman's Club convention in Maysville. Shown attending the convention, held at the Trinity United Methodist and Presbyterian churches, are Cheryl Reed, Donna Kelley and Patty Hicks. Not shown, Mary Jane Curtsinger and Coy Chamness. Mrs. Abnee is the newly appointed district Home Life chairman. — Photo submitted

Beautiful: Tips from the Hart

by Dotty Hart

Dear Hart,

First I would like to tell you that I read your column in the paper every week, and I enjoy it very much. It is very helpful. Could you please tell me, what is the best product to help clear your face of acne? I know when a whitehead comes to the surface of the skin, you should not squeeze it. So what do you recommend to get rid of it? Also, if you have oily skin what is the best brand of makeup to use? I'm sorry to want to know so much, but I appreciate anything you can tell me. Thanks a lot. **Jessie**

Dear Jessie,

Thank you, and I love questions. Try a tinted acne medicine as a makeup substitute. Here are a few: Fostril, Lerotaxle, Postacne, Retamid, and Suforcin Base 4 percent. Must come with a special color blender that you add to the lotion so that it will match your skin color. These will dry your skin. You can also try a water base, greaseless or oil-free base. Check the label.

You are smart never to squeeze a whitehead, you could force the whitehead to burst beneath the surface. To get rid of a whitehead, try a bit of table salt and a drop of water. Rub the wet salt into the whitehead (careful, don't overdo). It may take a week or so but, most of the time it will remove the whitehead and not leave a scar.

Eye makeup can safely be used, because acne almost never occurs close to the eyes. Lipsticks cause no problem. Powder blush is best.

Clay mask can help cut the oil. Many very expensive clay masks have bentonite, fuller's earth, or kaolin. You can buy (much cheaper) any one of the three from a health food store. Mix with water to form a spreadable paste. Leave the mask on just three minutes to start, until you see how they affect your skin. These are strong masks. Remove with a cool wet cloth.

Model Tip:

If your under eye concealer doesn't cover, apply light blue eye shadow cream to your under-eye area. Follow with your cover-up.

Please send questions to: Beautiful: Tips from the Hart, P. O. Box 72297, Louisville, KY 40272.

Dr. John Crockett MCC director

Dr. John Crockett has been named Associate Director at Maysville Community College. The appointment was effective Sept. 1.

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'War Years' team reunion

Morehead State University's Homecoming weekend (Oct. 10-12) was a time for fun and fellowship when members of the war years football team returned to campus for a reunion. Enjoying their first gathering in 40 years were, from left, team members Tebay Rose of Carlisle, Frank Robertson of Lexington, and Paul Adams of Flatwoods. — Photo submitted

Health Tips

from Lee Rose

Influenza vaccine

When the first leaf falls in autumn many of us see cold weather ahead and the pleasures and sometimes the perils associated with changes in the seasons. Ways to make the ensuing weather tolerable obviously are warm homes and adequate clothing. Others have made it part of their fall routine to be vaccinated against influenza.

It is common knowledge that influenza (flu) is a viral infection of the nose, throat, bronchial tubes, and lungs which causes symptoms of fever, chills, cough, and aching muscles. The majority who are infected recover in a few days, but those whose resistance to infection is low, may need to be hospitalized. Thousands in our country die of flu or its complications each year.

Because flu is usually mild in young and healthy persons, the vaccine is recommended for certain groups at risk. Those groups are: adults and children with chronic heart and lung disease that require regular medical care, residents of nursing homes, healthy persons age 65 and older, adults and children with chronic metabolic diseases—diabetes, kidney disease, anemia, poor immunity (including cancer), or asthma that requires regular medical follow-up, children who are on long-term treatment with aspirin who may be at risk for Reye Syndrome should they be infected with influenza.

A SMALL group of people should not take the flu vaccine. They include those with an allergy to eggs which causes a severe reaction if eggs are eaten. Acutely ill persons or those with a fever should wait until they have recovered. Pregnant women should seek the advice of their personal physician.

A few cases of flu do appear in September and October, but most do not occur until late December; therefore the best time to take flu vaccine is in November unless your doctor has other recommendations. A second influenza strain will be available in December.

Flu vaccine is available on a limited basis for the above groups at risk at the Nicholas County Health Center. It will be given on Thursdays in November.

For more information contact Lee Rose at the Health Center, phone 289-2188.

Comprehensive Care Center open house October 31

On Friday, Oct. 31, from 2 to 5 p.m., the Nicholas County Branch of the Bluegrass West Comprehensive Care Center will hold an open house to allow members of the community to meet the staff and become familiar with the services offered by the center.

Bluegrass West Comprehensive Care is a network of community mental health centers that serves Nicholas, Bourbon, Harrison, Scott, Franklin, Woodford, and Anderson counties. Each county has its own office, staffed by mental health professionals including psychiatrist, psychologist, social workers, case managers, and support personnel.

Funding for the center is provided through a variety of sources, including federal, state, and county funds, insurance reimbursements, contributions, and the fees paid by clients themselves. Fees charged the client are based on ability to pay, and no one is turned away because they cannot afford to pay.

Services the Nicholas County Center provides include individual, marital, family and group counseling, substance abuse treatment and case management for the chronically mentally ill and the mentally retarded.

In addition, the center provides consultation with other community agencies including the schools, courts and jails, and social service agencies. The center is also involved in prevention efforts through public education and information.

The Nicholas County Center is located downstairs in the post office building on Main Street. Refreshments will be provided during the open house, and any interested persons are invited to attend.

Pvt. Joe Johnson completes basic

Army National Guard Private Joseph A. Johnson, son of Butler and Julia A. Johnson of Route 2, Carlisle, has completed basic training at Fort Leonard Wood, MO.

During the training, students received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, first aid, and Army history and traditions.

Johnson is a 1985 graduate of Nicholas County High School.

Fish, Game Club potluck Oct. 24

The Nicholas County Fish and Game Club will have a potluck supper Friday, Oct. 24, 7:30 p.m. at the Club. All members are urged to attend.

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FOODTOWN ANNIVERSARY

School menus

October 27-31

HIGH SCHOOL

Mon., corn dog, soup beans, cole slaw, fruit. Tues., pizza, tossed salad, apple, cookie. Wed., beef stew, lettuce wedge, cheese slice, corn bread, fruit. Thurs., grilled cheese, potato chips, peas, fruit. Fri., chili, cheese slice, kosher dill pickle, apple, cake.

ELEMENTARY

Breakfast— Mon., juice, cereal, milk. Tues., juice, toast/jelly, milk. Wed., juice, waffle/syrup, milk. Thurs., applesauce, sausage/biscuit, milk. Fri., juice, long johns, milk.

Lunch— Mon., bologna/cheese sandwich, baked beans, lettuce wedge/dressing, fruit. Tues., chicken pattie on bun, mashed potatoes, peas, cookie. Wed., beef barbeque on bun, french fries, corn, slaw. Thurs., pizza, corn, tossed salad, cake. Fri., vampire stew (chili), mousie bait (pimento cheese sandwich), dry bones (cookie), green legs (pickles), black widow (pudding pop).

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