



Mrs. Joyce Theirkel Former resident presented Outstanding Alumnus Award

Mrs. Joyce Theirkel, Vandalia, formerly of Carlisle, was presented the "Outstanding Alumnus Award" last week at the annual meeting of the University of Kentucky College of Home Economics...

— Hospital notes —

October 27-31, 1986 ADMISIONS: Martha Florence, Eddie Price, Sarah Frances, Mattie McKinney, Adrian George, Gay Marie, Osa Davis, Freda Trudinger, Ruth Cavell, Linda Jolly, Martha Bailey, Lorna Caswell, Robert Hecker, Mattie Vee, Rebecca Harding, Joan Sooty, Carl Goy, Anthony Frederick...

Kay's Kitchen

- For stretching the family budget you can't beat the old favorite... 1 slightly beaten egg, 2 cups soft bread crumbs, 1/4 cup dry wine, 1/2 cup water, 1/2 teaspoon salt, 1/2 teaspoon onion powder, 1/2 pound ground chuck, 1/2 cup ketchup, 1/2 cup onion, 1/2 cup celery, 1/2 cup carrots, 1/2 cup mushrooms, 1/2 cup tomatoes, 1/2 cup green beans, 1/2 cup peas, 1/2 cup corn, 1/2 cup lima beans, 1/2 cup kidney beans, 1/2 cup pinto beans, 1/2 cup black beans, 1/2 cup chickpeas, 1/2 cup lentils, 1/2 cup split peas, 1/2 cup garbanzo beans, 1/2 cup navy beans, 1/2 cup great northern beans, 1/2 cup cannellini beans, 1/2 cup adzuki beans, 1/2 cup mung beans, 1/2 cup soybeans, 1/2 cup lentils, 1/2 cup chickpeas, 1/2 cup split peas, 1/2 cup garbanzo beans, 1/2 cup navy beans, 1/2 cup great northern beans, 1/2 cup cannellini beans, 1/2 cup adzuki beans, 1/2 cup mung beans, 1/2 cup soybeans.

SOCIETY

Mrs. Williams has birthday Oct. 19

Mr. and Mrs. Jim Williams, Hall and Chet, Cynthia, entertained with a dinner, Sunday, Oct. 19 at the Cynthia County Club in honor of his mother, Mrs. Lena Williams...

Clark, Irvin receive award at annual meeting

Two Carlisle residents recently held their annual meeting on October 2, 1986 at the Hyatt Regency in Lexington. The featured speaker was J. Irvin, daughter of Mr. and Mrs. William Irvin, in a business administration major at MSU.

VFW Halloween Carnival

The VFW Post No. 680 and Auxiliary of Lexington will have their 22nd Halloween carnival Friday, Oct. 31, 6:30 p.m. for members and community children ages 12 and over.

— Personals —

David Hutchinson III and David Hutchinson IV of Payson, Wyo. were recent guests of Mr. and Mrs. David Hutchinson Jr. of Lake Carmo, Hutchinson III, U.S. Air Force, is stationed at McChord Air Force Base, Tacoma, WA, after more than three years at Anderson Air Force Base, Kansas. Kevin Peddick, son of Mr. and Mrs. Milan Peddick, Georgetown, has accepted a position with E.I. du Pont, as a systems computer engineer in the graphics of Mr. and Mrs. Paul Lawrence of Carlisle, KY. Mr. and Mrs. Warren Fisher returned home Friday from a two week visit with Mrs. O.S. Rank, Sarasota, Fla. Mr. and Mrs. Ron Williams of Carlisle, Ky. and their daughter, Mrs. Wanda Ginter, of Harrogate, Va. spent last week visiting Mrs. Williams' sister, Mrs. Grace Ledford. Also visiting Mrs. Ledford was Mr. and Mrs. John Hamilton entertained with a brunch Saturday.

Pam Hopkins attends workshop

Pam Hopkins of Carlisle, 5th grade teacher at Bethel Elementary in both County was a participant in a social studies skills workshop sponsored by the Kentucky Council for the Social Studies and the Kentucky Department of Education, held October 28-30 in Carnation. This is textbook adoption year in Kentucky for the social studies, and Pam Hopkins was invited to assist teachers in area school systems to evaluate and recommend social studies texts to be adopted for the next six years. It was anticipated that she will be giving a number of these texts critically evaluating workshops throughout the region during the next few months.

Betty Gaunce has 93rd birthday

Ms. Betty Gaunce celebrated her 93rd birthday with a family gathering Sunday afternoon, Oct. 19 at her home. Those in attendance were Mrs. Georgia Fredrick, Mildred, Mr. and Mrs. Walter Varner, Lexington, Mr. and Mrs. John Smith and Joseph, Mr. and Mrs. Braxley Schandling, David, William J. Ritchie and Linda, Mr. and Mrs. Jerry Hays, Terry, Lane and Jeremy, Mr. and Mrs. Keith Smith, Mr. and Mrs. John Schandling, Mr. and Mrs. Gary Broderick, Mr. and Mrs. Braxley Schandling, David, Anthony, Elizabeth, and Kelly Jo, Mr. and Mrs. Charles Ritchie, Mr. and Mrs. Jerry Ritchie, Michael, Jennifer, and Bruce, Mr. and Mrs. Linnea Ritchie, Emma, Faye, and Daniel, James Gaunce, Mrs. Esther Kawaga and James Allen, all of Carlisle.

Births

HENTER Margaret Elsie Harner Hunter, Millersburg, announces the birth of a daughter, Oct. 18 at the Nicholas County Hospital. She weighed six pounds twelve ounces and has been named Janice Louise. Maternal grandparents are Mr. and Mrs. Frank Harner, Paris. Paternal grandparents are Mrs. Louise Murphy, Cincinnati, OH.



Mr. and Mrs. Wilson J. Clark

Mr. and Mrs. Wilson J. Clark have two daughters, Mrs. Harold Burton (Patricia), Lexington and Mrs. Charles Fryar (Harriet Ruffin), Sevierville. The couple were married Oct. 27, 1938.

Mr. and Mrs. Clark to have golden anniversary Nov. 8

In honor of the 50th wedding anniversary of Mr. and Mrs. Wilson J. Clark, their children and grandchildren will host a reception on Saturday, November 8, 1986, from 4 p.m. to 8 p.m. at Carno County Club. All friends and relatives are invited. The couple were married Oct. 27, 1938.



Mr. and Mrs. Paul Smith

Mr. and Mrs. Paul Smith, Lloyd Reynolds and Kristin Michelle of Lexington, Mrs. Yvonne Shaw, Mrs. Beulah Cannon, Mrs. Elsie Street, Tracy and Jimmy Shaw, Sr. visited Mr. and Mrs. Vassar Shaw on Saturday. Mr. and Mrs. Warren Fisher returned home Friday from a two week visit with Mrs. O.S. Rank, Sarasota, Fla. Mr. and Mrs. Ron Williams of Carlisle, Ky. and their daughter, Mrs. Wanda Ginter, of Harrogate, Va. spent last week visiting Mrs. Williams' sister, Mrs. Grace Ledford. Also visiting Mrs. Ledford was Mr. and Mrs. John Hamilton entertained with a brunch Saturday.

Beautiful Tips from the Hair

Dear Hair: What would be good to use for hair that has really dried out? I tried all types of cream rinses, but I can't seem to find anything that helps it. Thank you, Mrs. G. Dear Mrs. G.: First we need to know the "why" your hair has become so dry. Do you blow dry with high heat? Color? Do you rollers everyday? Perm? Check the way you care for your hair. Do you detangle? You will need to correct whatever caused the dry hair. This is an excellent all-around conditioner for dry, damaged hair. Heat olive oil until it's warm, but not hot. Part your hair at 1/2 inch intervals and apply the oil to distribute oil from scalp to ends. Use a plastic wrap, put a towel saturated in hot water over it and wrap out. Heat helps oil to penetrate. Leave for 20 to 30 minutes. To remove, apply shampoo to your head, massage it in then add water. Remember, oil and water don't mix. I rather treat and work the shampoo in well. Rinse, rinse, and rinse! Give yourself a deep conditioner.

— Wedding Pictures —

Wedding pictures MUST be submitted to THE CARLISLE MERCURY County, Ky. three weeks before the wedding when calculating the weeks to be sure the MERCURY'S publication dates. Wedding pictures arriving after three weeks (publication dates) will not be used. It is suggested that whenever possible the picture be taken before the wedding so it will be available to run in the MERCURY the week following the wedding. Wedding and engagement pictures must be in the office by 5 P.M. on the MONDAY preceding publication. There is a \$5.00 handling charge for wedding and engagement pictures.

Health Tips

from Lee Rose

HIB age changes

The recent development of Hemophilus (HIB) Polysaccharide vaccine has given parents the opportunity to protect their young children against Hemophilus influenzae type b disease. The HIB bacteria does not cause flu, but causes a severe illness which can result in pneumonia, infection of the blood, joints, bone, soft tissue, throat and covering of the heart. Records last year in the U.S. show 12,000 cases of secondary meningitis in children under five of that group, one in 30 died and one in four has permanent brain damage. All children ages two to five should be immunized against HIB. Best results can be expected when children are immunized near the second birthday. Vaccine is usually not recommended for 18-month-olds unless the child is attending day care. Day care not only includes a structured, licensed facility, but also private homes where children are attended regularly while their parents work or are otherwise occupied. When children from different homes come together daily, the risk of spreading infection is greatly increased making it imperative to have all immunizations current. Immunizations are given between 12 and 24 months a second dose about 12 months later. Immunizations are given between the first dose after the second birthday. For more information, contact Lee Rose at the Nicholas County Health Center, phone 283-1138.

Nursing Home news

Those celebrating birthdays during the month of October are Lena Bell, and Nancy Jones. Victoria Wells was discharged to go home. Welcome to Lois Galbraith who has come to live with us. Lois was at Edgemont in Cynthiana for five years before coming here. The Twilight Council and Handy Hanning Council of the Carlisle Christian Church have donated blankets. We appreciate their thoughtfulness so much they have more to offer. We extend our sympathy to the family of Mary Sams and Vera Gray. Thanks to the Synops Creek Christian Church for their visits and the flowers for each resident. We appreciate them very much. Also to the Mt. Pleasant Church for the blankets. Ruth Scott and Joe Fretwell have returned from the hospital.

Sunnyside Homemakers

The Sunnyside Homemakers met Tuesday, Oct. 21 at the home of Anna Mattingly. The meeting was called to order by president, Ruth Edwards. Lavina McFarland, secretary and treasurer, gave the treasurer's report and read the minutes of the September meeting. Roll call was answered with one thing you want to accomplish in November. There were 13 members present including the new members, Phyllis Brady and Lucy Nell Stigall, also Margie Wilcox and Edith Brown. Phyllis Brady was elected reporter for the group. Anna Carter led the devotional with prayer by Lavina McFarland. Pennies for Friendship were collected and also dues for the coming year were paid. The club will participate in the "Party Host" at the Nicholas County School cafeteria November 10. Our theme will be a wedding reception. Margie Wilson announced the training schools, one on family life and one on meat selection. Lavina McFarland told of her trip to the area meeting in Richmond. Mrs. McFarland was given a certificate of appreciation by the new county area meeting being hosted by Nicholas County next year. Louise Carter presented the Ann Carter as Jenny Wiley, Phyllis Brown as Mary Todd Lincoln, Edna Blumhagen as Lorena Lynn, Eleanor Brown as Mary Breckinridge and Lavina McFarland as Alice Lloyd. A delicious potluck meal was served and beautiful fall color decorations adorned the tables. At the end of the day's meeting secret pals were revealed and new names drawn. The November meeting will be on Dorothy Fryman.

Breast cancer seminar Nov. 1

An all-day seminar for women who have had breast cancer will include medical updates, lunch and fashion show and exhibit. It will be held Saturday, Nov. 1, at the Campbell House Inn, Lexington. For details or to register, call 1-800-CANCER.

School menus

November 1: HIGHSCHOOL: Mon, spaghetti; Tue, meat balls, lettuce, wedge/steering, peanut butter/crackers, fruit; Tues, chili/crackers, relish tray, jelly w/fruit; Wed, hot dog, baked beans, fruit, chocolate and buttered crout. Thurs, hot dog, baked beans, fruit, fish; Fri, hot dog, baked beans, fruit, fish; Sat, hot dog, baked beans, fruit, fish; Sun, hot dog, baked beans, fruit, fish.

Everyone Welcome! Born Mission!

Breakfast - Mon, juice, popart, milk, Tues, juice, popart, milk, Wed, juice, oatmeal, salad, jelly, milk, Thurs, juice, oatmeal, milk, Fri, juice, ham, popart, oatmeal, milk, Sat, lunch, Mon, toast, cheese sandwich, peas, pappas, fruit salad, milk, Tues, pizza, corn, hot, butter.

* Re-Elect * Herbert C. Duncan

Nicholas County Board of Education - District 3 Tuesday, November 4, 1986



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Garrett's Furniture Lane. Bank Financing Available W/Approved Credit. 222 W. Main, Carlisle, Ky. 289-2308. STORE HOURS: 8:30 A.M. - 6:00 P.M. Mon - Fri. 8:30 A.M. - 5:00 P.M. Sat. FREE DELIVERY.