

GENERAL NEWS

Holiday stress remains a concern

JEFF LATES
SPECIAL TO THE CARLISLE MERCURY
 Christmas cards, Christmas presents, egg nog, lights and decorations... Oh, what fun! But wait... don't forget those other doctor have physical complaints for which no organic basis can be found. High blood pressure, migraine headaches, slurs, back aches, and insomnia are just a few of the diseases that can occur from too much stress. While it's impossible to pry stress out of you, it is possible to reduce the effects of stress that can be avoided. This busy holiday season try the following: Plan ahead and list the things you need to accomplish, checking them off at a time as you complete them. Start early so that everything doesn't pile up and become overwhelming.

Be good to yourself! Eat well and get enough sleep. Lack of sleep or poor eating habits can make you more irritable and lower your ability to handle stress. Get involved in physical exercise. Exercise is a healthy way to reduce the tension that builds up during a day. Take time out from your schedule to just relax and have fun. Read a book, get involved in a hobby, or do whatever you enjoy most. Play is important for both physical and emotional health. Do something for someone else. One of the best ways to pull yourself out of the "blues" is to help make another person happier. Get involved in neighborhood, school, or church groups; or volunteer some time to a nearby cause.



Nicholas County students were recognized for their participation in the Project Graduation Conference, held November 18-20 in Louisville, by representatives of the project sponsors, Commissioner Morgan Ekins of the Kentucky State Police and Margaret Watts of the Kentucky Department of Education. The purpose of the conference is to promote alcohol- and drug-free celebrations. Pictured with Commissioner Morgan Ekins and Margaret Watts, left to right, Sue Kirby, Mary Aloha Farns, James Hill and Neal Metcalfe. (Submitted Photo)

OBITUARIES

DENNIS H. REED
 Irene Harrington Reed, 73, Carpenter Road, Nicholas County, died Monday, November 30, 1987 at Bourbon General Hospital.
 A native of Paris, she was the daughter of the late Louis and Elizabeth Reisinger. Her husband, Charles Reed, a daughter, Mrs. Gloria (Anna Glenn) Carpenter, a granddaughter, Miss Jeannette H. Reed, and a son, James H. Reed, Nicholas County, Kentucky, and several grandsons and granddaughters.
 Funeral services were conducted at the Pruitt Funeral Home, Millersburg, Thursday, December 3, 1987, at 10:00 a.m. Burial in the Millersburg Cemetery. Nicholas County, Kentucky.

He was the Uncle of Samuel Cooke Reynolds, Carlisle, a former city engineer of Harrodsburg for 21 years, a civil engineer for Owensboro, Kentucky, and a former resident engineer at Blakely. Her husband, Charles Reed, a daughter, Mrs. Gloria (Anna Glenn) Carpenter, a granddaughter, Miss Jeannette H. Reed, and a son, James H. Reed, Nicholas County, Kentucky, and several grandsons and granddaughters.
 Other survivors are Sara Taylor, a daughter, and several grandsons and granddaughters.
 Services were Tuesday, December 3, 1987, at 10:00 a.m. at the Millersburg Cemetery. Burial in the Millersburg Cemetery. Nicholas County, Kentucky.

WILLIAM E. ROBERTS
 William E. Roberts, 57, Sharpsburg, Kentucky, died Wednesday, December 9, 1987, at the Roberts Home in Sharpsburg after suffering an apparent heart attack.
 He was a merchant, member of the Sharpsburg Christian Church, member of Beth Macon Lodge #63.
 He is survived by his mother, Mrs. Mary Clare Roberts, his wife, Betty Gail Roberts, Sharpsburg; two sons, William (Rocky) Roberts, Carlisle, Kentucky, and Warren Thomas Roberts, Sharpsburg; one sister, Mrs. Dora Lane Sharpsburg; two granddaughters, Gretchen and Kellie Roberts.
 Funeral was Friday, December 11, 1987, at a graveside ceremony in the Crown Hill Cemetery, Sharpsburg.

IVAN KENDALL
 Ivan Hilda Kendall, 72, Honsdale, died November 25, 1987. He was born in Myers, Kentucky, and was a retired Air Force lieutenant colonel.
 Survived by one son, Phil T. Kendall, five grandchildren, and several nieces and nephews.
 Services were at National Memorial Cemetery of the Pacific, Arrangements by Williams Funeral Services.

HAROLD FRUIT SE
 Harold Lee Pruitt, Sr., 46, died Saturday, December 12, 1987 at his residence of an apparent heart attack.
 He was born in Boone County, Kentucky to Mr. and Mrs. Cameron Pruitt.
 Survivors are his wife, Mary Kelley Pruitt, Nicholas County; parents, Mr. and Mrs. Cameron Pruitt, Paris; four sons, James Pruitt, Jr., Scott A.P.R., Illinois; Danny Pruitt, Ohio; Michael Pruitt, Millersburg; and Alan Pruitt, Carlisle; two daughters, Ruth Pruitt, Carlisle; and Elizabeth Pruitt, Louisville; two sisters, Joyce Benton, Fayette County; and Mary Ruth Pruitt, Paris; four grandchildren.
 Services were Tuesday, December 15, at the grave in Carlisle Cemetery by the Rev. Mike Greer.

SAMUEL COOKE
 Samuel Edward Cooke, 53, Harrodsburg, died Sunday, December 13, 1987, at Bourbon Hospital, Paris.

ELNICE MCKEE
 Elnice McKee, 90, died Monday, December 14, 1987, at St. Joseph Hospital, Lexington.
 She was a former longtime resident of Nicholas County, widow of Bruce McKee, a native of Lewis County, a member of the Church of God International.
 Survivors include four sons, Julian McKee, Nicholas County; Melvin McKee, Carlisle; Glen McKee, Hodgenville; Edward McKee, Lexington; five daughters, Wilma Jolly, Nicholas County; Lena Mitchell, Carlisle; Jean Dyer, Lexington; Josephine Hughes, Ashland; Jennette Hicks, Lexington; 18 grandchildren; 37 great grandchildren; and seven great-great grandchildren.
 Services will be held Thursday, December 17, at Matthews-Cause Funeral Home by Reverend Wendell McKee as the officiant. Burial will be in the Carlisle Cemetery. Grandsons will serve as casket bearers.

The author, Jeff Lates, is a therapist at the local Comprehensive Care Center.

Encourage debt restructuring and forbearance, especially in those situations where it is in the best interest of the borrower.

BUSINESS PROFILES



Mary Bell Selvaugh showing off her and her daughter's home-made crafts for the home. The new renovated Spring Time Crafts, is taking orders for the upcoming holidays. - Bruce Moore/Photo

Selvaugh family sure a crafty bunch

By Heather Mathes
 The Carlisle Mercury met Mary Bell Selvaugh last week making hand-crafted items for the home. She is a member of the Louisville Orchestra and the Louisville Orchestra Concert Choir. The program offers a close look at the orchestra's performance and a discussion with the orchestra's musical director.

By Heather Mathes
 The Louisville Orchestra Concert Choir is performing at the Louisville Orchestra Concert Hall on Tuesday, December 22 at 8 p.m. CT on KETV. The program offers a close look at the orchestra's performance and a discussion with the orchestra's musical director.

THE MAGIC OF Christmas
 Golden Almond Candy, 1 lb. box \$3.99
 (11.00 off - coupon available in 1987)
 Candy Canes, various sizes - .99
 Toblerone Gift Bars Swiss Chocolate - \$2.99 each
 Grandma's Fruit Cakes in decorative tin, 5 lb. - \$21.95
 Plus a complete selection of Russell Stover Candies
Hopkins Drug Co.
 Main Street Carlisle, KY 289-2274

Season's Greetings
 Warm wishes for the holiday season. May it glow with love and joy.
Jewelry Patch
 Open 11 p.m. now thru Dec. 23
 Open 10 p.m. Dec. 13

Farm Credit Service receives lift

The struggling Farm Credit System (FCS) received a healthy needed boost today when the Senate voted 87-6 to pass a bill that will return the FCS to financial stability.
 "As a member of the Subcommittee on Agriculture Policy, I am well-aware of the vital role the Farm Credit System plays in the agricultural economy," McConnell said.
 "Farmers in Kentucky and throughout the nation depend on the FCS to provide the credit they need to operate their businesses. The bill we passed will overhaul the FCS and restore farmers' confidence in the system," he said.
 McConnell stated that the assistance package will provide up to \$4 billion in government-backed bonds that can be issued to any of the 12 district banks in the country that are experiencing financial difficulty. Major provisions of the bill include:
 - Encourage debt restructuring and forbearance, especially in those situations where it is in the best interest of the borrower.

Southern States
 Customer Appreciation Day
 December 18
 Refreshments will be served
 A token of our appreciation for your patronage during 1987
Country Christmas
 Gift Ideas!
 At participating dealers
 Quality for Everyone

Southern States
 Customer Appreciation Day
 Ham & Biscuits served while they last!
 Special Prices
 Dec. 18 only!
 Cattle mixing salt, 50 lb. \$2.49
 50# white block..... 2.29
 50# T.M. Salt Block..... 3.25
 50# T.M. Salt Bag..... 3.25
 250# Feed Block..... 3.95
 33.3 H. May Block..... 5.75
 33.3 Utility Feed Block..... 3.90
 Hay Feeder w/saver..... 69.95
 Bunk Feeder..... 79.00
 IVO Mec, 200 cc..... 99.00
 Transirol Ohlert..... 99.00
 1047 - 12 - 9 Field Fence..... 88.95
 1047 - 12 - 11 Wire Fence..... 19.99
 6' steel post..... 1.99
 6 1/2' steel post..... 2.18
 12' bull rack..... 199.00
 10' truck rack..... Carlisle Cooperative
 E. Main Street - Carlisle 289-1166
 Quality for Everyone

Christmas Cash and Carry
 from France's Repair

Item	Retail	Sale
Poulan Md 25, 16" chain saw	299 ⁰⁰	227 ⁰⁰
Poulan Md 3000, 16" chain saw	319 ⁰⁰	283 ⁰⁰
Poulan Md 3400 18" chain saw	359 ⁰⁰	311 ⁰⁰
Poulan Md 4000 20" chain saw	439 ⁰⁰	327 ⁰⁰
Tanaka Md ECS-951 14" chain saw	269 ⁰⁰	191 ⁰⁰
Tanaka Md ECS-500 20" chain saw	429 ⁰⁰	312 ⁰⁰
Tanaka Md TCF 500 water pump 2"	549 ⁰⁰	425 ⁰⁰
Tanaka Md. TCF 800 water pump 3"	699 ⁰⁰	569 ⁰⁰
Tanaka Md SEG-221 2200 watt gen.	859 ⁰⁰	691 ⁰⁰
Tanaka Md DEG-600 600 watt gen.	359 ⁰⁰	298 ⁰⁰
Tanaka Md EHC-120 63CC steel & masonry saw		579 ⁰⁰
Tanaka Md TED 232 20" 1/2" chuck	279 ⁰⁰	230 ⁰⁰
Tanaka Md TED 260 drill 5/8" chuck	435 ⁰⁰	375 ⁰⁰
Tanaka Md TED 265 drill 5/8" w/hammer action	569 ⁰⁰	477 ⁰⁰
1 - Used Md 2300 Poulan saw w/2 bars.	150 ⁰⁰	
2 chains & carry case	125 ⁰⁰	
1 - Used Homelite 150 chain saw		125 ⁰⁰

 Prices good thru 12/23/87
 Call 289-9765 week nights after 5 p.m., All day Sat. & Sun.
 Ike France, Owner
 221 Moorefield Rd. Carlisle, KY

NOTICE
"Information wanted on Merimee Family or relatives of Nicholas and Bourbon County. Write: Dr. T. Merimee; 6706 NW 18th Avenue; Gainesville, Florida 32605 or call collect (904) 378-8513".

READ TO YOUR CHILD FOR THE FUN OF IT
Fifth Annual Nicholas County Lion's Club Christmas Dance
 Saturday, Dec. 19
 National Guard Armory 8 - 12 p.m.
 Music By: Kenny Thornsburg and Friends
 \$5⁰⁰ Single \$10⁰⁰ Couple
 Proceeds toward N. C. F. D. New Fire Truck
 Carolyn Hollar

Make Christmas 1988 Very Merry
 With a First National Christmas Club Account
First National Bank of Carlisle
 Member FDIC