

FOCUS

Bond's Broadcast



By Hank Bond

'Tis The Season

Call me old fashioned, if you will, but Christmas brings out the best in me.

Normally a mean and always hard to get along with guy, during the few days around Christmas, I get a kind of softness, which allows most around me to get away with anything.

Christmas, I guess, is a fact of the earth. For some there is always a Santa Claus.

There are those, who try as they might, want me to believe there is no Santa.

True, I don't believe there is man running around in a red suit, that drives a sleigh with eight tiny reindeer. But, there is a spirit of Christmas which never fades.

The amber glow of Christmas lights, the wide eyed belief of little children as they, probably the most of all, expect many things to happen during the pulse seconds of a Christmas.

Couple the Santa side, with the true meaning of Christmas, and its a season unmatched.

A choir of voices lifted in song signaling the birth of the Savior is unsurpassed in my book. I have listened to, and participated in, many Christmas specials and the music... and the mood... of those performances far out weighs any other.

Time to be together... time to share... time to love.

No matter how bad things have gotten, somehow I have always been able to take a look, and see where things were worse for others. At the time, it isn't always that easy to do, but in the long run it has always worked for me. Maybe it can for you, too.

I hope you will be able to be where you want to be with. With the Christmas... with the people you want to be with.

If not, may you find happiness in your own way.

From the Bonds, Hank, Marilyn, Carol, Beth, Amy Jo and Michael Paul, Merry Christmas.

And so, for another week, thanks and thirty.

LETTERS

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Con. Cook or Long Ben Cook would be an area for consideration. I am sure there are other places that could be considered. I would urge anyone who has no idea, to take part in the process.

It is my opinion that Nicholas County has always been short changed for a number of years. We have derived nothing from...

Allen Clay Stone 2905 North Grass Road Carlisle, Kentucky 40311

The Carlisle Mercury (USPS 090-820) Established 1887 Serving Nicholas County for 100 Years

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The Carlisle Mercury is a proud member of the Kentucky Weekly Newspaper Association, Kentucky Press Association, The National Newspaper Association, The Carlisle-Nicholas County Chamber of Commerce

Miller's Message



By Chip Miller

Living in the country has its advantages

Boy, I'll tell you, raising your own beef, chicken or pork... somehow adds flavor to the meat when it's on the table.

I don't know yet what makes it taste better, but it just does.

You see, my dad raises cattle and we pack the freezer at least once a year with the good old home grown beef. And nothing tastes better than a thick steak and a potato in the summertime cooked on the grill.

It's the same with chickens at our farm, because we raise some of our fine feathered friends for the eggs and the drumsticks.

I realize that raising livestock involves a lot of work, which my dad does the majority of year round, yet it seems worth it when a chicken breast or cut of roast is on the plate steaming before you. I'll think he'll even agree.

We clean and dress our own chickens and use what eggs we get. We take our farm-raised beef to a packing company and have it processed for our own use.

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Report to Kentucky

SENATOR WENDELL FORD

U.S. House, Washington, D.C. 20540

THE SENATE: REFRESHING TO KEEP THE FAITH

This is the time of year - with the holidays about to get into the nation's business on hold - when the labors of a bureaucratic aid overworked Congress become all too obvious to an impatient American public.

Most of us in the Senate are painfully aware that the strain is showing more clearly than ever in 1987. The 100th Congress has had to devote long weeks to hearings on controversial issues of great interest to many Americans and to grapple with one of the most budget crises in the history of American public.

But we cannot use an increasing workload as an excuse for the delays and procedural snafus that too often come close to paralyzing the Senate. Our traditions are important, as are the rights and prerogatives of senators from every state. But the process of deciding critical national issues is even more important.

Repeated efforts have been made in recent years to reform some of the Senate's rules and procedures, including some dating from the first session in 1789. This has proved to be a formidable challenge. But, since becoming chairman of the Rules Committee early this year, I have become determined to carry through with this necessary task.

With that in mind, I have announced that the Rules Committee will make a comprehensive study of proposals to reform Senate operations. We already have conducted the first of several hearings on that initiative and hope to complete our work by June 30, 1988.

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GENERAL NEWS

Farmer presents state farming proposal to fiscal courts, congressmen

Kentucky Farmers First was presented to Nicholas County Fiscal Court December 9

By Chip Miller of the Carlisle Mercury Staff: There's one man in Nicholas County who has been proposed for the future of Kentucky farmers. Tom Henaway submitted his proposal, called Kentucky Farmers First, to the Nicholas County Fiscal Court December 9.

Henaway said he has received "good reception" from the people he presented his proposal to. Henaway plan explains Kentucky is centrally located and that 75 percent of the American market is only 24 hours away from the state border.

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Louise Zentary, member of the Nicholas County Board of Ed, looking at a computer monitor during a special board meeting.

Healthy diet tips to reduce risk of cancer

Sometimes it seems as though everything causes cancer, but actually some foods and vitamins may help prevent the disease. By eating a well balanced diet, choosing a variety of foods and following the guidelines listed below you can reduce your risk of developing cancer, according to the National Cancer Institute.

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Limit your intake of fat to decrease the risk of developing colon cancer and possibly cancers of the breast and prostate. To help you measure fats, here are some examples: One cup of whole milk has eight grams of fat, but skim milk only has a gram.

Pepsi-Cola Special 2 Liter - .99¢ West End Market Carlisle, KY Open 6 a.m. - 10 p.m.

OHOLY NIGHT Singing sweet Christmas wishes for a lyrically happy holiday to all! Carlisle Drug Co. CARLISLE, KY.

GREETINGS OF THE SEASON It's that wondrous time of year, when nature wears her dazzling gown of white! We wish you a joyous Yuletide! Deposit Bank