

COMMUNITY



Janet Davis is shown decorating Mr. Leitch's door as part of a contest for honoring the winner of Mrs. Hatten's luncheon.

Hospital notes

January 9-11, 1967
Admission: Valerie Fryman, Marie Davis, Robert Price, Lela Williams, Dotie Dean, Stanley Wade, Della White, Marvin Jones, Sybil McGowan, Luther Audubert, Judy Crenshaw, Mattie Vay, James Vandy, Sereda Smith, Robert Herzigian, Ella Kincaid, Roger Bowles, Elizabeth, Herbert Stewart, Gray Massey, St. Olney Glenn Gray, Patricia Allen, Evelyn, Lucille Fryman, Tracey Damper.

Earlywings promoted

Mr. Leo Earlywing was recently promoted to Director of Advertising Production at the Blood-Horse Magazine in Lexington. He has been engaged in the production department for six years and has been in charge of coordinating magazine production and communicating with the printer. The Blood-Horse is a weekly thoroughbred publication devoted to the breeding and racing industry. Lela is the daughter of Mr. and Mrs. Jake Earlywing Jr. of Nicholas County.

Mitchell to celebrate

Mr. and Mrs. Edna Mitchell will celebrate their 50th wedding anniversary at their residence, 381 Baker's Lane, Carlisle, Sunday, January 22, from 2-4 p.m. No formal invitation will be sent and the public is invited to attend. The couple requests no gifts.

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Beautiful: Tips from the Hair

Hair's SUPER TIPS FOR A BEAUTIFUL AND HEALTHY HAIR
Super tip No. 1. Eat smaller sized meals. You only need 1,000 calories a day. If you eat more than 1,000 calories your body will not store excess calories.
Super tip No. 2. Keep on hand foods that will not irritate your appetite and the fat line. Have handy bananas, apples, oranges from baskets, breads, potatoes, and popcorn.
Super tip No. 3. Watch stress eating.
Super tip No. 4. You know it was common to eat a daily meal with 1,000 calories a day. It is now 2,000 calories a day. Cut down on the fat.
Super tip No. 5. Eat fiber, you can eat that fiber!
Super tip No. 6. Take your vitamins.
Super tip No. 7. Wash your hair. You get all vitamins and minerals. You need 1,000 calories a day if you are to lose weight.
Super tip No. 8. Wash your hair. You get all vitamins and minerals. You need 1,000 calories a day if you are to lose weight.

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COMMUNITY BIRTHS

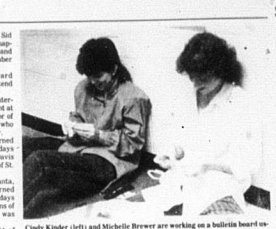
Mr. and Mrs. Emma Fredrick, Cynthia, announce the birth of a daughter, December 26, 1966, at the Buchanan Hospital, Lexington. She weighed five pounds, 13 ounces, and was five inches long.
Maternal grandparents are Mr. and Mrs. Ed Lewis, Lexington.
Paternal grandparents are Hilda and Jim Curtis, Carlisle and Mr. and Mrs. James Lawson, Lexington.

Saltwell

By Mrs. Fred Holter
Mrs. Dottie Kilman and son, Whitely Lee, at Maple View.
Mrs. Max Kenney and Lovell on Monday, Donna Gies of Georgetown also visited the Kenney on Thursday.
Mrs. Hattie Mattie, Nave, and Mrs. John Marsh, Millard, spent Tuesday with Mrs. Hattie Spang.
Allen Park of Buffalo Trace Road entered Harrison Memorial Hospital the past Monday for treatment. He is to be released on Friday.
Miss Stephanie Riggle, baby doctor and Mrs. John and Mrs. Eugene of Dunstons spent several days last week with Mr. and Mrs. Charles Dale and Robbie.
Mrs. Elizabeth Gish, Bora and Mrs. Helen Dean, Lexington, visited Mrs. Ella and Mrs. Alice Marie Fredrick, Carlisle.
Dustin Hall, Cynthiana, spent the weekend with his great-grandmother, Catherine Holter, Carlisle.
Mrs. and Mrs. Vaughan Mattie visited Larry White and baby, Crystal Ann, on Saturday.
Mr. and Mrs. Louis Fryman spent the weekend with Mr. and Mrs. Glenn Fryman, Rebecca and Jennifer of Springfield, Mo.

PERSONALS

Roger Langston entertained Sunday, January 15, with a party in honor of his wife, Martha, who was discharged from the hospital. She weighed five pounds, 13 ounces, and was five inches long.
Maternal grandparents are Mr. and Mrs. Ed Lewis, Lexington.
Paternal grandparents are Hilda and Jim Curtis, Carlisle and Mr. and Mrs. James Lawson, Lexington.
Mrs. Barbara Kenney and Christel Hatten attended the K&L Hotel ball game Sunday afternoon in Hogg Park.
Mrs. Eddie Ellington and daughter, Annie Beth, spent Friday night and Saturday night with Mr. and Mrs. Hanson Ellington and daughter, Mrs. Donald Hogg.
Mrs. Christine Booth spent several days recently at the home of Mr. and Mrs. Hattie Holter, recuperating from a fall at her home and came there on dismissal from Nicholas County Hospital.
Mr. and Mrs. Paul Jones celebrated with a birthday dinner on Sunday for their son, Hugh. Those present were Mr. and Mrs. Ralph Jones and Jonathan, Mr. and Mrs. Charles Jones, Clinton and Ralph, and Reverend and Mrs. Handy Colman and son, Harold.
Mr. and Mrs. Bobbie Brady visited with Mrs. Catherine Holter, Carlisle, on Sunday.
Mr. and Mrs. A. J. Davis, Mr. and Mrs. Donnie Doyle, Mr. and Mrs. David Doyle, Mr. and Mrs. Charles Doyle and son visited Olive and Mrs. Maryville district to see the church of South Shore and they moved in Saturday.
They moved into their new home at 1500 S. 10th Street on Sunday. They were met there by their neighbors.



Clady Kinder (left) and Nichelle Brewer are working on a bulletin board on a study theme at Nicholas County Elementary School. The girls are students in Newberry-Malloy's class - Wilcoxton plan.

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CLUB NOTES

Parks Homemakers
The Parks Homemakers Club met on Tuesday, January 16, at the home of Evelyn Hooper for the January meeting.
The president, Marie Crawford, called the meeting to order.
The program was given by the Power of Prayer. Roll call was answered by seven members and Mrs. Margie Wilson telling where they would like to go on vacation during the winter.
The first letter of their name. The minutes of the December meeting were read and approved.
Club members look their reports. Marie read a thank you note from Edna Bryant.
The lesson on Decorating with the Country Look was given by Marie Lewis.
The next meeting is in February.
Diabetes Support Group
The Diabetes Support Group will meet Thursday, January 22, 7 p.m. in the Nicholas County Hospital conference room.
Eugene Bennett, social worker for Ige Education, will be the speaker.
All diabetics and any interested persons are urged to attend.
Diabetic refreshments will be served.
For more information contact, Peggy Sellers, Patient Education Director, 289-1121.
Morefield Homemakers
The Morefield Homemakers met in the home of Betty Reid on January 8 with Mrs. James Hatten as the hostess.
The meeting was called to order by the president, Mrs. Charty Griffin.
The devotion was given by Mrs. James Hatten. "Power of Prayer" by the board members were read.
Loree Jones sang "I'm Lovin' You America".
The roll was called with 19 in attendance.
The minutes were read and approved and finance reports were read.
Mrs. J. S. Wilson and Mrs. W. J. Clark, training school on money management, January 22.
A very interesting lesson on the "Country Look" was given by Mrs. Bobby Moreland.
The next meeting will be February 2 with Mrs. Ruth Gum and Mrs. Bobby Moreland.
Do not forget our Valentine exchange.

Miranda Homemakers

The Miranda Homemakers Club met on January 14 at Lee's Restaurant for lunch. After lunch, they went to the County Extension office for their meeting.
The program was given by Mrs. Frances Taylor, president, who was answered by members, telling where they would like to go on vacation during the winter.
Mrs. Margaret Wade and Mrs. Ruth Anderson, minutes of last meeting were read and approved.

NC Fish and Game Club

The Nicholas County Fish and Game Club will have a potluck meal on February 23, 7:30 p.m. at the club.
All members are urged to attend.

Ellisville Homemakers

The Ellisville Homemakers Club met on Jan. 17 for their regular meeting.
The program was given by Bonnie Huggan on cookies.
Frances Spencer, vice-president, called the meeting to order.
Devotion was given by Martha Boyd.
"Paul on the Power of Prayer" by Katherine Wells, secretary, called the roll and read the minutes of the last meeting.
There were 14 members and Marie Wilson presented.
Patsy Sisson gave the treasurer's report.
Both Anderson gave the family life lesson.

West Homemakers

The Carlisle West Homemakers met on January 9, 1:30 p.m. in the Nicholas County Library for their regular meeting.
There were 13 members present.
Mrs. Terrie Slaton as a new member.
The meeting was called to order by Mrs. Pauline Bastin.
The devotion was given by Miss Edna Haddock, reading Psalm 111.
The title of the devotion was "The Power of Prayer".
Mrs. Slaton also read a poem, "Lord, Teach America's Prayer".
The roll call was answered by telling about a "New Year's Resolution" which was read.
The minutes of the December meeting were read and approved and the treasurer report was given by Mrs. Max Evelyn George.
Cultural reports were given by Miss Edna Haddock.
The family life lesson was read by Mrs. Pauline Bastin.
Mrs. Louise Kasper read a letter about how to use the micro-wave.
The minutes were read and approved and seconded by Mrs. Mary Halcom and seconded by Mrs. Mary Halcom.
Mrs. Mary Halcom made money for our club.
The devotion was given by Mrs. Mary Halcom.
Mrs. Halcom made "show and tell" items.
The roll call was answered by Mrs. Bobby Moreland.
The next meeting will be February 2 with Mrs. Ruth Gum and Mrs. Bobby Moreland.

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