

# WOMEN AT WORK

## MEET .....DONNA ANDERSON THE CARLISLE MERCURY

Donna J. Anderson of Concord Road, Carlisle, has been an employee of The Carlisle Mercury for four months.

She is account executive, working for Hank Reed, and her general duties include working with advertising accounts and general office jobs.

She is married to Sidney G. Anderson and they have four children, Michael, Amy, Amanda and Julie.

Her hobbies include reading, swimming, horseback riding and talking to her horses.

"I thoroughly enjoy my job. I have never worked for four people or with a better group of employees. And I get paid to talk. I love it."



## MEET .....ANN SHEARER THE CARLISLE MERCURY

Ann Shearer of Calverton Street, Carlisle, has worked for The Carlisle Mercury for eight years.

She is responsible for The Mercury, and her job has the general duties of answering the phone, greeting customers, working through the door, assisting with the purchase of classified and display advertising, and setting and writing the social news for The Mercury.

She has three children, Wally Anderson, Malissa Leach and Ralph Shearer Jr. and grandchildren Tom and Andy Anderson, and step-grandchildren Doree and Douglas Leach.

Ann is a member of First Christian Church of Carlisle.

In her spare time she enjoys reading and playing cards.



## MEET .....WANDA VICE REID & VICE, INC.

Wanda Vice of Clifftop Drive, Carlisle, has been co-owner with her husband, Lowell Vice, of Reid & Vice, Inc. for 23 years.

Her general duties include overseeing store operations, computer operator, payroll, bookkeeping, ordering merchandise and sales.

Her hobbies include reading and traveling.

She attends Carlisle Christian Church.



## MEET ....TERI EDWARDS CARNICO QUIK STOP

Teri Edwards of Route 4, Cynthia, has been an employee of Carnico Quik Stop for two years.

She is a clerk, working for Bob Hinton, and her general duties include taking care of customers.

She is married to Robbie Edwards and they have three sons, Tim, Ryan and Jared.

Her hobbies include softball and volleyball.

"I am twenty-six years old. I have been married for ten years. I have been a member of Robinson Christian Church for thirteen years."



## MEET .....DORIS H. WHALEY PROPERTY VALUATION OFFICE

Doris Whaley East of Union Road, Carlisle, has been the deputy PVA since 1975, working for Rose Brady.

She performs general office duties, fills out reports and books conducted by the Kentucky Revenue Cabinet.

Her husband is Fred Whaley. After their marriage in 1952 she worked with Fred on their farm and worked part time at the Sea Crest Senior Home.

She attends Carlisle Presbyterian Church, where there is an elder and member. She also teaches the Sunday School Class.

She enjoys reading, travel and gardening. She began in the PVA office with Ruby Anderson and remained when Rose Brady was elected.



## MEET ...SANDY EUBANKS EARL HAMM REAL ESTATE SWINFORD & SIMS PSC ATTORNEYS

Sandy Collins Eubanks, Headquarters Road, Carlisle, works as an employee of Earl Hamm Real Estate and Swinford & Sims, PSC, Attorneys.

She has worked with Earl Hamm since graduating from high school in a sales associate and cashier where she collects money and sections and lists real estate for sale. And she has worked with Swinford & Sims for a year and a half years, as a secretary, responsible for word processing, filing, and working with clients on the telephone.

She has one son David and in her spare time enjoys horseback riding, reading and music.

She attends Headquarters Methodist Church.



## MEET ...KAREN BUSSELL REID & VICE, INC.

Karen Bussett of Dixie Highway, Morefield, has been an employee of Reid & Vice, Inc. for two months.

She is a bookkeeper, working for Lowell Vice, and her general duties are training as a computer operator, bookkeeping, clerical work and sales.

She is married to Michael and they have three children, Shawn, 11, Krista, 12 and Julie, 5.

Her hobbies include reading and gardening.

She attends Mt. Zion Christian Church.



## GENERAL NEWS

# Going outside? Be careful in extremely hot weather

The uncomfortable summer heat can be dangerous, and sometimes life-threatening, says Dr. Haughton, who says that emergency care instructions and a sudden loss of consciousness or fainting are signs of heatstroke.

Heat stress claims more lives than any other natural disaster, including floods and tornadoes, says Haughton.

In 1980, when record high temperatures hit 20 states, 15,000 people died from heat-related causes.

Haughton cites as high-risk groups the elderly, overweight, ill, children, people with hidden heart trouble and persons on certain medications such as anti-depressants and anti-psychotics.

Temperatures above 90 degrees Fahrenheit are dangerous for these groups and potentially lethal when humidity reaches 65 percent. This combination of environmental factors impairs the body's process for cooling off by perspiring. The body overloads and experiences heat stress syndrome, heat stroke, heat exhaustion or heat cramps.

Heat stroke, the most serious of heat-related conditions, is characterized by flushed appearance, deep labored breathing and a rapid, strong pulse. Delirium and incontinence may also occur in the sufferer.

Dr. Haughton cautions that heat stroke is a true medical emergency and advises that the victim be cooled immediately by fanning and by pouring cool water on the victim to stabilize his body temperature at 98 degrees Fahrenheit.

Haughton also advises the victim to drink this solution: one teaspoon of salt and one-half a teaspoon of baking soda in one quart of water.

Heat exhaustion is likely to occur after over exertion. The victim should rest until he receives professional attention.

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Activity with muscles should be stopped, and the specific, cramped or cramped muscles massaged. Elevate the victim's legs and apply wet compresses to the affected muscles.

Haughton says that the best defense against heat stress is a sensible lifestyle, a nutritionally balanced diet and the common-sense avoidance of over exertion in hot weather.

Acclimate the body gradually to



# WOMEN AT WORK

## MEET .....JANIE DUNCAN THE CARLISLE MERCURY

Janie R. Duncan of Old Paris Road, Carlisle, has been an employee of The Carlisle Mercury for 18 years.

She is the assistant to the publisher, Hank Reed, and her general duties include ad composition, feature interviews, typing and mailing.

She is married to Bobby Duncan and they have two children, Margaret Tobin and Jody.

Her hobbies include enjoying her grandson, Duncan Thomas Tobin and reading.

She attends Carlisle United Methodist Church.



## MEET TRISH MCCARY TRISH'S HAIRSTYLING

Trish McCary of South Broadway, Carlisle, has been owner and operator of Trish's Hairstyling for Men and Women for five years.

She does styling, perming, coloring, hair care and all family services.

She has two sons, Kevin and Michael.

Her hobbies include crafts, painting and raising 5-7hen hoes.

Trish is married to Michael and they have three children, Steven, 11, Krista, 12 and Julie, 5.

Her hobbies include reading and gardening.

She attends Mt. Zion Christian Church.



## MEET ...VIRGINIA DARE CRUMP DR. JACK T. MORFORD

Virginia Dare Crump of Chestnut Street, Carlisle, has been an employee of Dr. Jack T. Morford one and one-half years.

She is a secretary, and her general duties include insurance filing, typing, audits, Dr. Morford and all general office duties.

She has one son, Charles M. Crump who lives in Florida.

Her hobbies include knitting and bowling.

She attends Carlisle United Methodist Church where she is a member of the choir and financial secretary.



## MEET .....HELEN S. HOPKINS KENTUCKY UTILITIES

Helen S. Hopkins has worked for Kentucky Utilities for the past 29 years.

She and her husband Charles live on Littlelock - Jackson Road in Carlisle.

Her job with Kentucky Utilities is serving as clerk, answering the phone and processing customer payment.

Her husband is John Burke.

She has one child Don Russell Pearson.

She attends First Christian Church, where she is a deaconess and Sunday School teacher.

She is also a member of Carlisle Community Women's Club.



## MEET ...CAROLYN SUE-BOWLES BOWLES GROCERY AND B&B LIQUORS

Carolyn Sue Bowles of Myers Road, Carlisle, is co-owner of Bowles Grocery and B&B Liquors.

Carolyn and her husband, Bobby, have been in business for 10 years. Her general duties are clerk and bookkeeper.

Her children are Keith Kelley, Celina Ann, Crystal Gray, Tracy Vaughn, Amanda Gay and Pamela Bowles.

Her hobbies include woodworking, pipe painting, folk art, gardening, canning and freezing.



## MEET ....CHARLOTTE SNAPP FARM CREDIT SERVICES

Charlotte Snapp of Upper Lick Road, Morefield, has been an employee of Farm Credit Services for one and one-half years.

She is the branch office assistant, working for John J. Fay, and her general duties are secretarial.

She has one daughter, Criss.

Her hobbies include handmade crafts.



## MEET ...ESTHER MYERS CARLISLE DRUG CO., INC.

Esther Myers of Sycamore Hill Street, Carlisle, has worked at Carlisle Drug Co., Inc. for the past seven years.

She works for Hubbard G. C. Myers and Ruth Lawrence.

Her position as cosmetic buyer requires making all cosmetics purchases along with job work, plus filling the position as clerk and odd jobs.

She and G. C. have two children, Ginger Fryman and Barry Myers. They have one grandchild Ashley Fields.

She attends Carlisle United Methodist Church.

In her spare time she enjoys reading, sewing and crafts.



## MEET ...AUDRA HOPE SPARKS WEST END MARKET

Audra Hope Sparks of Ray Street, Carlisle, has been an employee of West End Market for five years.

She is a part-time helper, working for Fred and Alvin Sparks, and her general duties are cleaning, ordering and cashier.

Her hobbies include writing, painting, pottery, reading and sewing for friends and her possessions.

She attends First Baptist Church.

Audra is the granddaughter of Fred and Alvin Sparks. She is the youngest of six, since she moved five years ago this past April and has been in business from the ground up. She helps alternate after school and other times when needed. Audra was 12 years old at the time.



## MEET ...LINDA RITCHIE CARLISLE DRUG, INC.

Linda Ritchie of Lower Jackson Road, Carlisle, has been an employee of Carlisle Drug, Inc. for 10 years.

She is a bookkeeper, working for G. C. Myers and Ruth Lawrence, and her general duties include posting charges and payments on accounts, posting prescriptions and waiting on customers.

She is married to Glenn Ritchie, Jr., and they have three daughters, Glenda Hain, Susan Fryman and Kathy Merrill.

Her hobbies include reading and walking.

She attends Carlisle Christian Church.

"I have been married for 28 years. I have two grandsons, one granddaughter and one step-grandson."



## MEET .....DORIS ECTON JOHNSON-MATHERS HEALTH CARE, INC.

Doris Ecton is the assistant administrator at Johnson-Mathers Health Care, Inc.

She has been with J.M.H.C. since August 1976.

Her responsibilities include budgeting, general ledger, preparation of reports for Title III and IV, supervision of accounts payable, patient accounting, payroll, purchasing and all other accounting functions.

All financial information is reported monthly to the Board of Directors.

Doris received her Bachelor of Business Administration from the University of Kentucky in 1975. She resides on Johnson Road with her husband, Phil, and their children Chris, Mike and Rachel.



## MEET .....WANDA HAMILTON BILLY G. HOPKINS, ATTORNEY AT LAW

Wanda B. Hamilton of Whetstone Road, Carlisle, has been an employee of Billy G. Hopkins, Attorney at Law, for seven and one-half years.

She is secretary for Billy G. Hopkins and her general duties include typing, filing and mail work.

She is married to James M. Hamilton, Jr. and they have two daughters, Julie Carol and Kelly Marie.

Her hobbies include cooking and reading.

She attends Lucas福音 Baptist Church.



## MEET .....PAULA LEE HAMM WEST END MARKET

Paula Lee Hamm of Mayville Road, Carlisle, has been an employee of West End Market since August, 1986.

She is a clerk, working for Fred and Alvin Sparks, and her general duties include typing, the customers smiling, cleaning, cashier and stock orders.

Her hobbies include swimming, walking, collecting antiques and beads, traveling and U.K. basketball games.

She attends First Baptist Church.

She is a 1987 graduate of Nicholas County High School. She will attend Mayville Community College in the fall, majoring in retail marketing.



## MEET .....KATHLEEN BREWER THE CARLISLE MERCURY

Kathleen Brewer of Upper Sharpburg Road, Carlisle, has been employed by The Carlisle Mercury for the past nine months.

Her general duties include typing, composing and general receipt assistance in circulation and distribution of the newspaper.

She has also worked part time for Sun Harvey Gas of Carlisle as a secretary/bookkeeper for about two years.

In her spare time, which she has little working two jobs, she enjoys reading, sports and sewing.

