

Social Scene

Saltwell News

By Mrs. Fred Hollar

Mrs. Verena Earlywine celebrated her 86th birthday at her home in Millersburg on Wednesday with the following...

Several from here enjoyed the George Walker concert at Rose Hill church on Saturday night. Mr. Walker and the Matinee also opened...

Our community was deeply grieved and shocked by the sudden passing of Lewis and Mrs. Chester Mattox...

Mr. and Mrs. Levi Hostetter left on Friday morning for their home in Sarasota, Florida after a two week visit with Reverend and Mrs. Jonathan Smith...

LIONS CORNER

The regular meeting of the Nicholas County Lions Club was held Wednesday, September 27, at Eddie's Family Restaurant...

Congress authorizes commodities distribution

Congress has authorized continuation of the federal surplus commodities program for the upcoming fiscal year, and Kentucky's slice of the pie has grown at least at the outlet.

Births

Both Grandparents are Mr. and Mrs. Bonnie Sexton and Mr. and Mrs. Raymond Frederick of Carlisle.

Mr. and Mrs. Tyler Gene Rose are proud to announce the birth of their first child, a son, born Friday, September 22, 1989 at Central Baptist Hospital.

Lunch Menus

- Nicholas County Elementary School Menu October 9-13
Breakfast
Monday, October 9 - Juice, poppart, cereal, milk
Tuesday, October 10 - Juice, rice, milk roll, milk
Wednesday, October 11 - Juice, french toast & syrup, milk/choice
Thursday, October 12 - Apple-sausage, & biscuit, milk/choice
Friday, October 13 - Juice, mini-honey bun, cereal, milk/choice
Saturday, October 14 - Toasted cheese sandwich, baked beans, lettuce, pepper, pineapple slice, milk
Sunday, October 15 - Ham, green beans, au-gratin potatoes, applesauce, hot rolls, milk
Monday, October 16 - Beef-a-roni, buttered peas, tossed salad, pear half bread, milk
Tuesday, October 17 - Hot dog on bun, slice tomato, French fries, banana pudding, milk
Friday, October 18 - Corn dog, french fries, milk with whipped topping, milk
Nicholas County High School Menu October 9-13
Lunch
Monday, October 9 - Corn dogs, french lima beans, whole potatoes, fruit, cookie, milk/choice
Tuesday, October 10 - Steak & gravy, mashed potatoes, buttered peas, hot rolls, fruit, milk/choice
Wednesday, October 11 - Chicken nuggets, vegetable casserole, potato chips, fruit, milk/choice
Thursday, October 12 - Italian spaghetti, grated cheese, relish tray, french bread, apple, milk/choice
Friday, October 13 - Fish sandwich, brown beans, cole slaw, cornbread, apple juice, milk/choice

125th Homecoming Anniversary Blue Licks Christian Church

- Friday, October 13 Ransom and Mary Hess in concert, 7:00 p.m.
Saturday, October 14 Community Hymn Sing, 7:00 p.m.
Sunday, October 15 Sunday School, 9:30 a.m. Homecoming, 10:30 a.m.
Monday, October 16 Marsha Fuller Williams in concert, 2:00 p.m. at the Worthington Center Blue Licks State Park

HOSPITAL NOTES

Admissions-Discharges Nicholas County Hospital September 23
Admissions: Carlisle, Bessie Hobbs, Warrmouth, Everett Wilson, Henry Flora, Maxwell Burdick, Stephens Crawford, Patricia Frederick, Susan Harris, Harold McLaughlin, Gladys Cox, David Eshanks, Hiland Jolly, Connie Gard, Addie Smith, Moore, field Virginia Waugh, Mt. Olive-Ray Fooks, Ruby Stewart, Corlie Hayler, Eric Gray, Paris-Laville Gray, Nollie Barber, Sharpe, Cheryl Daugherty, Dorothy Thomas.

FHA Homemakers meet

Region 15 of the Future Homemakers of America held its annual Fall Regional Meeting at Garrard County Meeting Center on September 20.

NCHS classes to continue

The fourth in a series of classes will be taught on Monday evening October 9, from 7 to 9 p.m. in the Home Economics Department of Nicholas County High School.

Happenings

The third Routers meeting will be held October 9, 7 p.m. in the band room.

VA Carnival held at hospital

The Annual Veterans' Carnival was held at the V.A. Hospital, Lexington Division, Post 480 and the Ladies Auxiliary participated with other organizations in decorating booths and giving out prizes and refreshments.

New law takes effect

A new Federal law takes effect on October 1. It requires that all Government checks will be valid for only one year and will then be cancelled.

Recognition Day is held in Lexington

The National P.O.W. M.I.A. Recognition Day was held September 15, 1989, at the V.A. Medical Center in Lexington, Kentucky, Lexington Division.

Free Training

Free Nurses Aid Training Receive 8 weeks and all expenses paid, plus transportation allowance. Classes to begin October 9. For more information, call 606-987-7717.

Kentucky Wool Fest '89

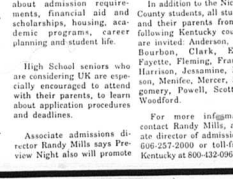
Oct. 6, 7 & 8, 1989 Falmouth, Kentucky Pendleton County Fairgrounds Just 45 minutes from Lexington, North on U.S. 27 Crafts-Food-Heritage Demonstrations-Music Admission \$1 9 a.m. - 10 p.m. Sat. 10 a.m. - 10 p.m. Sun. 11 a.m. - 5 p.m. For more information Call 525-3502

Dr. Doran to speak, Friday

Dr. Adron Doran, past president of Morehead State University, will speak in Carlisle on Friday night. He will come to Carlisle for the Annual Fall Bible Lecture series conducted by the Carlisle Church of Christ.

Nicholas students invited to UK meeting

Nicholas County students and their parents can learn more about the University of Kentucky and higher education at UK Preview Night, scheduled for 7 p.m. October 17 at the UK Student Center Ballroom, in Lexington.



Dr. Doran

SEAFOOD Buffet RAMADA INN FRIDAY NIGHT \$13.95 per person All You Care To Eat! 5:30 to 9 p.m. 84 Moody Dr. 564-9793

Kitchen Korner Oatmeal-Raisin Scones 1 C all-purpose flour 3 tbsp. brown sugar 1 1/2 C. baking powder 1/2 cup ground cinnamon 1/3 C margarine or butter in a medium mixing bowl stir together flour, sugar, baking powder and cinnamon. Cut in margarine until mixture resembles coarse crumbs. Stir in oats and raisins. Add egg whites and 2 tablespoons milk; mix well (dough will be thick circle. Cut into 12 wedges, dipping knife into flour as needed to prevent sticking. Place on an ungreased baking sheet; brush tops lightly with milk. Bake in a 400° oven for 10 to 12 minutes until done. Serve warm. Makes 12.

FOODTOWN Eye Openers By Dr. Robert F. Pretzsch, Ophthalmologist VIDEO GAMES Q. Will video games impair a child's vision? A. If played in moderation, video games may help sharpen your child's vision rather than impair it. The key idea here is moderation. The nature of video games requires quick reaction time, eye-hand coordination, and an awareness of side movements and improve visual and eye-hand coordination. It is recommended, however, that the video game player who intends to play for long periods of time take five-minute breaks about every half hour. During these breaks, look away from the video screen at something in the distance. This relaxes the eyes and helps avoid the visual stress that can result from continuous play. Visual stress that goes with staring at a video screen without a break can cause headaches, eye fatigue and even blurred vision. Sometimes stress is a contributing factor in the development of nearsightedness in children.

Brought to you as a community service by... Dr. Robert F. Pretzsch, Ophthalmologist 21 S. Walnut, Cynthiana, KY Call 234-1424 for Appointment

YOU DO HAVE A CHOICE... WRITE-IN and ELECT G.C. Myers NICHOLAS COUNTY JUDGE/EXECUTIVE OPEN WRITE-IN SLIDE #6