

### MERCURY MEMORIES

#### 5 Years Ago

Thursday, October 11, 1984  
 Miss Kelly Elaine Delinger, who will assume her duties as Nicholas County Extension Agent for 4-H October 22, was introduced to members of Fiscal Courts at 10:30 October 9 meeting.

Council members found out Monday night that fiscal 1984 was a very good year financially.

A ramp for use by handicapped persons leads to the back door of the Nicholas County Courthouse. Work was completed last week by Jackie Myers.

MARRIED: Phillip Darlow Peratt and Kent Edward Cooper, September 22, 1984.  
 DIED: Mrs. Lulu Clay Alton, 74, October 5, 1984; Mrs. Eva Farley Dismann, 88, October 6, 1984; Charlie Allen Gilvin, 72, October 2, 1984; Elizabeth Elmyr Hughes, 91, October 2, 1984.

#### 10 Years Ago

Thursday, October 25, 1979  
 The Carlisle Mercury has received copies of the reports to the City of Carlisle by the Lexington accounting firm stating the financial statements of the city of Carlisle for the years 1976, 77, and 78.

The Basketball team topped the Nicholas County Blue-Jackets by a score of 27-20. Causing the jackets to fall to the district rival.

The High School Gym is to be repaired and the baskets not have to be brought out for some basketball games when the weather is wet outside, according to Democracy's Forum.

#### A Fire Prizes

Thursday, October 25, 1979  
 Miss Rose Ballard, football Homecoming Queen and Miss Ann Ashby and Betty Gaywood were presented to the homecoming crowd of some 600 by ex-captains Charles Harper and Jim Williams during the Carlisle-Lancaster half time activities.

#### Student of the Week

Name: Jason Brumback  
 Age: 15  
 Grade: Sophomore  
 Parents: Rick and Lisa Brumback  
 Extracurricular Activities: Football, Basketball, Baseball, Softball, Hunting, Fishing, Soccer Club, and Drama Club.  
 Interests: Hunting and fishing.

Plans after high school: Go to a big college, play sports, get a good job and make money.  
 Reasons chosen by faculty: Outstanding football player. Easy to work with. No problem.

Comments: Surprised. Attended Franklin County High School and Western Hills High School. Ran track and played football. Transferred to Nicholas County High School last year. Strange transition from a big school of 1500 students to a small school of 350-400 students. Can't remain anonymous in a small school. Different level of competition from a big school to a small school.

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According to Donald G. Elder, BORN: Michael Ray Epp, October 13, 1979.  
 MARRIED: Rebecca Ruth Babin and Stephen Lee Carter, October 26, 1979.  
 DIED: Hadden H. Pomphrey, 66, September 27, 1979.

20 Years Ago  
 Thursday, October 8, 1969  
 Blue Grass Industries will hold their 60th annual Blue Grass Day on October 1.

Ferry E.S. Jackson, Secretary Executive of the Blue Grass Council of Boy Scouts of America, was the guest speaker at the meeting of the Rotary Club last Thursday.

Council agreed Tuesday night to run sewer and gas lines to Henryville at the request of delegations representing the residents of Henryville and members of the Housing Board Project.

BORN: Robert Bradley Wilson, September 24, 1969; Todd Lewis Day, October 2, 1969.

MARRIED: Maye B. Moreland and Malcolm Willis, September 26, 1989; Patricia Ann Brant and James Flair, Jr., September 1989; Janet Lee Myrner and Randall Fisher, October 4, 1989.

DIED: David Henry, 79, September 29, 1989; Nannie Bruce Miller, 75, September 24, 1989; Margarette Small, 57, October 7, 1989.

40 Years Ago  
 Thursday, October 25, 1949  
 Training 74, with less than six minutes of play time the Musketeers suddenly caught fire to down the Lancaster Green Devils 19-7.

Miss Rose Ballard, football Homecoming Queen and Miss Ann Ashby and Betty Gaywood were presented to the homecoming crowd of some 600 by ex-captains Charles Harper and Jim Williams during the Carlisle-Lancaster half time activities.

FALL HOME FIX-UP DAYS  
 Fibered or Liquid Roof Coating \$12.99 per 5 gallon  
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The National Rifle Association of America, presented the Distinguished Rifleman's badge to Presley Kendall, 13, son of the late Mrs. Walter Kendall.

BORN: To Mr. and Mrs. Lewis Egan, a daughter, To Mr. and Mrs. Otha Crawford, a son, Otha David.

MARRIED: Miss Ella Rose Crane and Frank Talbot Allen, October 5, 1949; Miss Mary Della Letcher and Harvey Thomas Gillispie, October 7, 1949; Phyllis Ann Watkins and George William Marland, October 6, 1949; Julia Alton Marrow and Thomas Parker Carter, October 6, 1949.

DIED: Miss Loretta Smith, 79, at home; Mrs. Minta Brunker Harney, 80, at home; Mrs. Allie Shreve, Thursday; George T. Talbert, 82, at home; William B. Beaumont, 88, at home of a son; Harvey A. Rogers, 54, Friday; John Neal Tsalt, 80, Tuesday.

50 Years Ago  
 Thursday, October 26, 1939  
 The Carlisle High School hand has accepted an invitation to participate in the games and labor carnival at Lexington next Wednesday.

A grass fire originating from an unknown source burned over most of the lawn at the water works lake Monday afternoon, and spread to a field of G. W. Waugh and son. The fire got out with the help of the members of the CCC camp.

The bird dog of Joe Clay of Carlisle, was awarded first prize for the best female in the show at tobacco carnival at Cynthiana.

BORN: To Mr. and Mrs. S.H. Hanson, a daughter, October 13, 1939; To Mr. and Mrs. Hudson Morris, a son, October 18, 1939.

MARRIED: Miss Bobbie Woodall and Maurice Reid, September 16, 1939.

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 Barry McFarland  
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### OBITUARIES

Saunders  
 Lyla Melvinn Saunders, 76, of Bowling Green died Friday, October 6, 1989 at Greenview Hospital after a brief illness.

The Wayneboro native was the daughter of the late Benjamin and Alvina McCoy Melvinn.

She was a retired teacher from Bowling Green High School. She was a life time member of the Methodist Church. A member of the Broadway United Methodist Church.

Cholesterol questions answered  
 Cholesterol: Everyone's talking about it, and some people are doing something about it, but what do you know about it?

1-What is Cholesterol?  
 2-What is an ideal cholesterol level?  
 3-Are there "good" cholesterol and "bad" cholesterol?  
 4-Does high cholesterol cause heart attack?

5-Are products labeled "no cholesterol" safe choice for people with elevated cholesterol?  
 6-What are the other key risk factors for heart disease?  
 7-What is your cholesterol level?

Answers:  
 1-Cholesterol is an odorless white, fat-like substance found in all foods from animals (including butter, cream, cheese, meat, and eggs) but not in foods from plants.

2-Blood cholesterol level below 200 milligrams per deciliter are considered ideal. From 200 to 239 is considered borderline to high. Levels of 240 or above are considered high.

3-LDL (Low-density lipoproteins (LDL) have been characterized as the "bad guys" of the cholesterol scene and high density lipoproteins (HDL) as the "good guys". Generally it is desirable to have LDL's under 140, and HDL's over 40.

4-Yes. When the fatty deposits (known as plaque) build up, artery walls thicken and the arteries may become clogged, potentially leading to a heart attack or stroke.

5-No. It is important to reduce consumption of fat, particularly saturated fat, as well as cholesterol. Some foods with "no cholesterol" may be high in saturated fats, so check for and avoid products listing ingredients with highly saturated fats: coconut, palm and palm kernel oils, chocolate, nut, lard and butter.

6-Other risk factors are being male, having a parent or brother or sister who had a heart attack before age 55, cigarette smoking, high blood pressure, HDL below 35 confirmed by repeated measure, diabetes, a history of vascular disease and obesity.

7-A new FDA survey says about 59 percent of all adults have had their blood cholesterol checked and 17 percent know their level. That's up from 35 percent tested and 3 percent knowing their level in 1981. More than half knew that fats and oily foods were associated with heart disease, and nearly 80 percent knew lowering cholesterol would have a "large effect" in preventing heart disease.

If you would like more information on cholesterol, write to Consumer Affairs, Food and Drug Administration, P. O. Box 838, Brunswick, Ohio 43212 for "Planning a Diet for a Healthy Heart" or "The Fight Against Heart Disease."

day school teacher and had been currently serving as a trustee and chairperson for Gargraduig Care Community.

She had attended Millipps College and graduated from Western Kentucky University.

Survivors include: husband, George Saunders, formerly of Carlisle, one son, J. Max Yawell, of Bowling Green; one daughter, Pat (Chang) of Chillicothe, Ohio; two brothers, Harold, Melvin of Hattisburg, Mississippi; four grandchildren, two step-grandchildren, and several great and nephews.

Funeral services were held Monday, October 9, 1989 at the Broadway United Methodist Church. Her body laid in rest at the Johnson-Vaughn Funeral Home.

Memorials  
 WE CAN DO MUCH MORE!  
 1989-1990

Let us help you choose a suitable monument for your departed loved one. Memorials, Markers, Flower Vases, Cemetery Licensing Services.

Contact: John Frederick or Ronnie Clark at the Carlisle Cemetery, Phone 289-7387, John, 289-2106, Ronnie, 289-7383.

The Family Video  
 120 Main St. - Carlisle, KY  
 289-7389

FRIDAY FRIDAY the 13th SALES  
 Friday, October 13 9 a.m. - 9 p.m.  
 Saturday, October 14 9 a.m. - 6 p.m.

12 Months Same As Cash  
 Because of Hurricane Hugo, Bill has bought a trailer load of England and Green Brothers furniture and wants to pass the savings on to the people of Nicholas and Robertson Counties.

EVERYTHING IS ON SALE!  
 Great Buys On Good Quality Merchandise  
 Super Savings  
 Lowest Prices in the State of Kentucky

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\$489 Sale  
 Retail \$895

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 Upholstery Lines Up Perfectly

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