FEATURE AT SIX

McFarland has big role in Head Start program

By Tim Jones
The Carlisle Mercury Staff

CARLISLE — The title is child and family service assistant.

It sounds like another federal bureaucrat.

It's not.

It's the title Joyce McFarland holds in the Head Start program at the Community Action Center.

McFarland has an office and a desk and reams of paperwork, but she handles children's problems also. A fifteen minute interview saw three four year olds come in with varying problems for McFarland to fix.

McFarland's many responsibilities include coordinating and handling such items as medical and dental care, health education and parent involvement from a social service standpoint, according to Jane Bryant, Director of Head Start in the Lexington-Fayette, Bourbon, Harrison and Nicholas district.

Joyce McFarland

Additional responsibilities include vision screening and setting up speech professionals to work with the center.

The main focus of McFarland's job is working with Head Start parents."We have people who come in and work with the parents," McFarland noted, "we also have classes parents can participate in."

Parent training classes are also held. McFarland coordinates these twice a month. The hope is to have parents actively participate in the classes and then hopefully use them as volunteers.

"Participation is real good," McFarland said, "most parents are actively involved." Head Start helps the involvement by providing such services as baby sitting on the nights of the parent meetings.

McFarland feels participation is good because parents are welcomed and encouraged at Head Start. "I've got a sign up that says "Welcome, Parents." And I believe that. I've had several parents come up to me and tell me this was the first time they've ever really felt welcome anywhere."

McFarland also handles social service problems. If parents and children need clothing she arranges for it. If transportation is needed she tries to arrange it through the CATS program. If children are sick, she sees they're taken care of.

McFarland believes her job is "worthwhile all the time." She enjoys working with the families even when it means time spent on the road making family visits. "I make a lot of home visits and do a lot of recruiting when I'm off in the summer," McFarland said, noting her work is not a nine to five job.

McFarland knows her job makes a difference in people's lives. "I like to help families solve some of their problems. A listening ear can make a lot of difference. If the parents call, I go. It's rewarding to make one family see the importance of what we are doing."

Wilkinson proclaims lunch week

Governor Wallace G. Wilkinson has proclaimed October 14 - 20 as National School Lunch Week. In celebration of this event, you are encouraged to join your children for lunch at their school. The theme is School Lunch - Healthy Choices.

Many healthy food choices are offered in school cafeterias. The school lunch program must offer a meat (beef, pork, chicken, fish or other protein item) for building muscle; two or more servings of vegetables or fruit to provide Vitamins A and C; eight servings per week of bread or pasta (grain food), complex carbohydrate for energy; milk for calcium to build bones, including, as a choice, low fat unflavored milk. This pattern provides about 1/3 of the nutrients needed for growth of children.

In Nicholas County there are 935 lunches served each day. The program is dedicated to the health and well-being of Nicholas County's children. In Kentucky, three out of four children eat school lunch. Martha Taylor is school food director with a dedicated staff of 12 certified school food service employees (trained and tested on various areas of food service, sanitation, equipment, preparation, nutrition, safety and other topics). School Lunch a Healthy choice.

A breakfast program is available at Nicholas County High School and Nicholas County Elementary School each day.

ATTENTION

RESIDENTS OF NICHOLAS COUNTY

Your Nicholas County Fire and Rescue Squad is Sponsoring a fund raising project to raise funds to pay off the debt on the new fire truck and to help purchase toys for the needy children at Christmas.

Within the next few days someone with a letter of authorization from Chief, Mark Hughes, will call on you to explain this project throughly.

Please support your Fire and Rescue Squad as you have in the past. Your cooperation is needed and greatly appreciated.

Second Chance Drawing Winner
from the
Kentucky Lottery
JOYCE ZORNES
RALL STREET
CARLISLE, KY.

√ Win One of 10 Weekly Game Prizes

To Play Kentucky CASH Pick 3

√ Simply fill our the coupon below and mail or bring it to The Mercury office by 5 p.m., Next Monday, October 22

√ 10 Winners will be drawn at random to receive a certificate good for a $1.00 Play of Kentucky Cash Pick 3, provided by CARLISLE PIC-PAC

√ At the conclusion of the contest, all entries will be placed together for a chance at one of two grand prizes:

√√ FIRST PRIZE A $50 U.S. Savings Bond

√√ SECOND PRIZE A one year subscription to The Carlisle Mercury.

Contest Rules:
— All entrants must be 18 years of age to win a prize
— All prizes provided by Carlisle PIC-PAC, a licensed Lottery Agent for the State of Kentucky
— Winners will be notified by mail and have until 10-31-90 to redeem prizes.
— Employees of The Carlisle Mercury, Inc., Carlisle PIC-PAC, and the Kentucky Lottery Corporation, are not eligible.
— No Purchase Necessary to win. Entries will be accepted on 3x5 cards, which contain appropriate information.
— Void with prohibited by law.

Enter Often To Increase Your Chance To Win

Name .....
Address .....
City, State, Zip .....
I certify I am 18 years of age or over and am eligible to win:
Signed.....

WIN UP TO $500.00 FOR JUST **50¢**

THREE CHANCES TO WIN WITH THESE COUPONS!
For just 50¢ you can win up to $500 in the Kentucky Lottery's daily drawing, KENTUCKY CASH/PICK 3. Even if you don't win, send in your losing KENTUCKY CASH/PICK 3 tickets for a chance to win $50 in our SECOND CHANCE DRAWING

1

2 THE EASIEST GAME TO PLAY!
Take these coupons to your local Kentucky LOTTO retailer and receive 50¢ off one $1 KENTUCKY CASH/PICK 3 play. Just give the retailer your favorite three numbers from 0 to 9 and you are entered in the next drawing. Then watch KENTUCKY CASH/PICK 3 drawings every evening at 7:29 PM (ET) on your local Kentucky Lottery TV Station. If your three numbers are drawn, you win!

SECOND CHANCE DRAWINGS FOR $50 PRIZES!
Send your losing KENTUCKY CASH/PICK 3 tickets to the address below with your name, address and telephone number on the back. There will be multiple winners each drawing. Drawings will be held the weeks of October 8, 15 and 22. Entries are good for one week's drawings only. You may enter as many times as you like.

Send your losing tickets to: Carlisle Mercury
234 N. Locust
Carlisle, KY 40311

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50¢ OFF KENTUCKY LOTTERY — KENTUCKY CASH Pick 3 — GOOD ONLY OCT. 18-24, 1990

Present this coupon for 50¢ off one $1 KENTUCKY CASH/PICK 3 play. Cash Value 1/20¢. You must be 18 years or older to play. This coupon is good only at Kentucky LOTTO retailers in counties of: Bath, Boyd, Bracken, Carter, Elliott, Fleming, Greenup, Lawrence, Lewis, Mason, Menifee, Montgomery, Morgan, Nicholas, Robertson, and Rowan. Retailer: You must submit a coupon to the Kentucky Lottery for each purchase credited. Any reproduction or fraudulent use of this coupon is prohibited.

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Thursday
October 18
6 p.m. to
Midnight

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Midnight

CARLISLE PIC•PAC
MOONLIGHT MADNESS

MOONLIGHT MADNESS — OCT. 18
THURSDAY — 6 P.M. TO MIDNIGHT
• FREE PRIZE DRAWINGS • FREE COFFEE & DONUTS

Miss Goldy Whole Fryers 44¢ lb. Limit 3, Please
Golden Ripe Bananas 5 pounds $1.00
Hyde Park White Bread 3 loaves for $1.00
2 Liter Coke Products 69¢
Deli Chopped Ham $1.19 lb. Sliced To Order
Deli Turkey Breast $1.99 lb. Sliced To Order
Ice Cream All Varieties 99¢ 1/2 Gal.
Quarters Hyde Park Margarine $1 4 pounds
Hyde Park - All Varieties Pizza 59¢ 9 in.
Cottonelle Bath Tissue 99¢ 4 pk. All Varieties

Our Parking Lot Coke Wagon Will Be Open During Moonlight Madness
Cokes 40¢ and Hot Dogs 40¢
All proceeds go to local civic and school groups

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6 SMALL KITCHEN APPLIANCES TO BE GIVEN AWAY
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