SOCIAL

Saltwell News

By Mrs. Fred Hollar

The Methodist Men of Saltwell, Rose Hill, and Mt. Pleasant will sponsor a week of prayer at the Rose Hill Church beginning March 15 thru 19, 1993 each evening at 7 p.m. Other churches are invited.

Allen Rule returned home Wednesday after a two-week stay from the Harrison Memorial Hospital.

Mr. Herbie Jones and daughter Amanda and Willie Archer from Olive Hill spent Saturday with Mr. and Mrs. Frank McCoy and Sandy.

Mrs. Lewis M. Snapp returned home Tuesday after spending several days in the Harrison Memorial Hospital.

Mr. and Mrs. James Gaunce accompanied his granddaughter Nyiri Joyce Weidel to McDonald's, Harrison County for lunch one day the past week honoring her second birthday.

Mr. Hisel Rule, after spending several weeks at St. Joseph Hospital in Lexington is now in the Edgemont Nursing Home, Cynthiana.

Rev. Charles Tanner of Beamer Road passed away Friday morning, March 5 at Harrison memorial Hospital after a long illness. The funeral was conducted on Monday morning at the Ware Funeral Home in Cynthiana. Burial in the Millersburg Cemetery. He has many friends here who regret his passing and extends sympathy to his family.

Mrs. Betty Snapp was honored with a birthday supper at the home of Mr. and Mrs. Kenney Snapp and Alisha of Buffalo Trace Road, Sunday. Mr. and Mrs. Glen Snapp and Darrin of Redmon Road honored her and Mrs. Alberta Snapp with a pizza party later in the week.

Mrs. Phyllis Brady visited her Aunt Letha Adams at Bourbon Heights Nursing Home, Paris, on Tuesday. She'd been moved there from Winchester Manor in February.

Mrs. Deloris Caswell and Kenneth Gaunce spent Sunday with Mr. and Mrs. H.A. Gaunce and Amanda. Mrs. Phyllis Brady also visited them and presented Mrs. Gaunce with a sunshine box from the Headquarters Church.

On Wednesday night Mrs. Betty Snapp and Alberta Snapp and Mr. and Mrs. Vaughan Mattox dined at Long John Silvers in Paris for Betty's birthday.

Mrs. Jean Mattox was Saturday supper guest of Mr. and Mrs. "Rusty" Ford and daughter Ashley and Elizabeth, Cynthiana.

Mrs. Anne Stodghill of Louisville spent the weekend with her daughter Mrs. Jeff Mattox, Mr. Mattox, Jonathan and Amanda.

Mr. Richard Cain Sr. entered Harrison Memorial Hospital on Friday evening after suffering an attack earlier at his home and remains a patient there.

There was a slight error made in the Saltwell News last week. Mrs. H.A. Gaunce has been confined to her home several weeks as a result from a leg injury in a fall at her home instead of an eye injury as stated.

U.S. commodities to be distributed on March 17

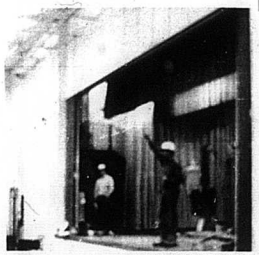
The Community Action Council announced today that the U.S. Department of agriculture surplus commodities including peanut butter, pork, green beans, and corn meal will be distributed to eligible area residents. Amounts allocated vary according to household size. Foods and amount may be adjusted depending upon availability.

The foods will be distributed at Senior Citizens, 124 West Main Street on Wednesday, March 17, 1993 From 8:30 - 11:30. Community Action, 149 Scrub Grass Road will distribute Thursday, March 18, 1993 from 1 - 4:30 p.m.

Misrepresentation of need, or sale or exchange of USDA commodities is prohibited and could result in a fine, imprisonment, or both. USDA's Emergency Food Assistance Program is available to all eligible recipients regardless of race, color, national origin, age, sex, or handicap.

If it necessary for someone to pick up your commodities, you must send with that person your Social Security card or driver's license as a form of identification. We also need a signed permission slip from you. This must be completed on the forms available at Community Action. YOU MUST USE this form and this form only. Forms can be picked up at the Community Action office Monday - Friday from 8 - 4:30 p.m. Any other permission slip will not be accepted.

In order to receive commodities, you must show your Social Security or Driver's License. This is a new ruling by the State and there will be no exceptions. Please bring your own bag.



The Carlisle Mercury/Tracy Brown Photo

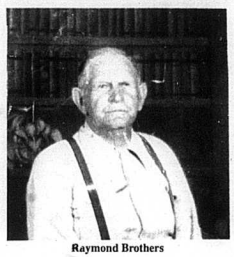
A demonstration of electrical power was given at Nicholas County Elementary School Tuesday morning. Kentucky Utilities employee Jerry Thornsburg of Augusta gave several powerful demonstrations using electricity to show kids how dangerous energy can be when used improperly.

Brothers celebrates 95th birthday with relatives

Raymond Brothers celebrated his 95th birthday with a luncheon give in his honor. Those present were: Gary, Trish, Brad, and Matt Stone, Jennifer Smith, Shelly and Phillip Coldiron, Gary and Debbie Hollar, Jerry, Donna, and Andrea Galbraith, Glenn Stone, Parks and Lucille Stone, Della Stone, Virginia Parsons, Charles Roe Guy, John, Jason, and Brandon Tedder, Paul, Linda and Eric Tedder, Billy P. Brothers, Glenn and Dorothy Kimberling, all of Carlisle.

Beulah Mabry, Ft. Wright, Kentucky; Dan and Ruby Ziegler, Cincinnati, Ohio; John and Anita Macadam, Middletown, Ohio; Steve, Vickie, Heather, and Shane Kimberling, Lexington; Misty Church, Lexington; William E. and Roberta Brothers, Lexington; Denise Craycraft, Mt. Sterling; Diana Smith, Louisville; Tracy and Ron Allison, Sharpsburg; Gene and Frances Brothers, Maysville.

Mr. Brothers was born February 21, 1898 to the late Mattie Vaughn Parsons and William Brothers. He resides with his wife on the Sugar Creek Road in Nicholas County.



Raymond Brothers

Morrison and Ellington wed in Bourbon County

Ellington and Morrison

Tina Morrison, daughter of Mr. and Mrs. Allie Morrison of Harrison County, and Kevin Ellington, son of Sandra Fryman of Carlisle and Jim Ellington of Bourbon County, were united in marriage on December 31, 1992 at Shawhan Baptist Church in Bourbon County.

The bride wore a cream colored dress with pearl accessories and carried a cascade of roses and baby's breath. She was escorted by her father.

Amy Morrison, niece of the bride, wore a pink dress with a bouquet of pink and white flowers.

Kevin wore a black suit with colors to match the bride. The best man was Jim Ellington, father of the groom.

Music was provided by Mrs. Gerald Barlow, grandmother of the groom. Selections were: Where's I Go, Indian Love Song, and the Traditional Wedding March.

Mindy Ellington, sister of the groom, served at the guest book; Crystal Rust at the rice bags. a reception followed the ceremony in the basement. The mothers of both the bride and groom served. After a short wedding trip the couple will reside at Shawhan. Tina is employed with Brillards of Cynthiana. Kevin is employed with Steele Trailer of Cynthiana.

Kevin is the Grandson of Gerald Barlow of Cynthiana and Ann Randlette of Albany, Ky., Paul and Rose Ellington of Bourbon County. Kevin is the great-grandson of Ben Booth of Carlisle.

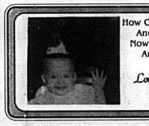
Woosley and Fryman announce engagement

Mr. and Mrs. Larry Woosley would like to announce the engagement and forthcoming marriage of their daughter, Tracy, to David Lee Fryman. David is the son of Mr. William Fryman of Mt. Olivet, and Mrs. Helen Nickerson of Paris, and the grandson of Herman and Flossie Fryman of Mt. Olivet.

The wedding will take place on May 29, 1993 at 1:30 p.m. at the Cynthiana Christian Church. All family and friends are invited to attend.

Fryman and Woosley

Happy
73rd Birthday
Papaw Ed
Mitchell
Love,
Regina



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And So Full Of Fun
Now You're Sweet 16,
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And Penny

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Offer Expires March 31st, 1993

COMMUNITY

Menus

Nicholas County Elementary School

Breakfast:

Monday, March 15, Juice, Cheese Toast, Milk.

Tuesday, March 16, Juice, French Toast Sticks, Milk.

Wednesday, March 17, Juice, Ham and Biscuit, Milk.

Thursday, March 18 and Friday, March 19, NO SCHOOL BOYS' STATE TOURNAMENT.

Lunch:

Monday, March 15, Hot Dog on Bun, Hash Brown Casserole, Corn, Oatmeal Raisin Cookie, Milk.

Tuesday, March 16, Chicken Nuggets, Macaroni and Cheese, Green Beans, Jello/Fruit, Biscuit, Milk.

Wednesday, March 17, Hamburger on Bun, French Fries, Tomato/Lettuce, Baked Beans, Cookie, Milk.

Thursday, March 18 and Friday, March 19, NO SCHOOL BOYS' STATE TOURNAMENT.

Nicholas County High School

Breakfast:

Monday, March 15, Juice, Sausage and Biscuit, Milk.

Tuesday, March 16, Juice, Coffee Cake, Milk.

Wednesday, March 17, Juice, Breakfast Pizza, Milk.

Thursday, March 18 and Friday, March 19, NO SCHOOL BOYS' STATE TOURNAMENT.

Lunch:

Monday, March 15, Fish on Bun, Cole Slaw, Brown Beans, Fruit Cobbler, Milk/Tea/Lemonade, Salad Bar Available.

Tuesday, March 16, Hamburger on Bun, French Fries, Lettuce/ Tomato/ Onion, March Birthday Cake, Milk/Tea/Lemonade, Salad Bar Available.

Wednesday, March 17, Pimento Cheese Sandwich, Green Beans, Lettuce Wedge, Cookie, Milk/Tea/Lemonade, Potato Bar Available.

Thursday, March 18 and Friday, March 19, NO SCHOOL BOYS' STATE TOURNAMENT.

Ray Wagoner (center) was recognized at Jockey International Monday with a plaque for serving the company 27 years. He will retire this year. Presenting Wagoner with the plaque were plant manager Bascom Sorrell (left) and supervisor Dailey Earlywine (right).

Headquarters Homemakers meet

Headquarters Homemakers

The Headquarters Homemakers met March 2, 1993 at the Nicholas County Library.

President Betsy Cleaver called the meeting to order. Devotion was given by Lois Allison. Roll call was taken and we had a total of 15 in attendance. The minutes of our February meeting were read and approved. Hazel Moore gave the Treasurers report.

Betty Fay gave a mini lesson on Scandinavia. Jeanette Wallace brought an afghan and Lois Allison a pillow case doll for our show and tell time. Hostess for the day were Marge Burnaw, Lois Ockerman and Dorothy Kimberling, and Jeanette Wallace gave the lesson on Home Improvements. Questions asked were, Is remodeling the right decision, will be worth it and where should the remodeling begin?

Our club is responsible for the table decorations for the annual meeting April 22.

Lois Allison led us in our recreation time. Prizes were won by Jeanette Wallace and Marge Burnaw. Our next meeting will be April 6 in Cynthiana. We are to meet at Biancke's Restaurant at 10:30 a.m.

Moorefield Homemakers discusses travel, beauty

Moorefield Homemakers

The Moorefield Homemakers club met at the home of Lois Hamm with 12 members and two guests, Mrs. Hamm's mother and sister, answering the roll by naming a favorite flower.

The devotional was given, "Have Faith in God" by Elizabeth Ellington.

Alma Curtis, president, presided. The minutes were read and approved. We want to welcome the new secretary at the County Extension office.

A report on Norway and Sweden "Land of the Midnight Sun", was read by Wanda Mathis. We learned more interesting facts about three countries.

"To re-model or not" was the lesson for this month given by Nettie Barnes. There are several factors to consider, added bedrooms, second baths, remodeled kitchens and family rooms are common remodeling projects. Would one or more of these be a prime selling point for your home? How much would it cost? Would it be better to buy an older house and remodel? Can you do part of the work? Or should you buy a new home?

Recreation was led by Frances House.

The lesson for next month will be "Fitting Size to Figure" and will be given March 18 at 1:30 at the Extension office by Betty Overly.

We will meet in April with Nettie Barnes.

The hostess served delicious refreshments.

JMHC hosts nutrition seminar next week

CARLISLE - Much has been written about the dangers of eating foods high in cholesterol and fat. Scare headlines and advertising have led many to believe that drastic changes in the way we eat are necessary in these health conscious days.

But these reports often contain misleading information and statistics about the balance between the risks and benefits of many of our favorite foods.

On Thursday, March 18, 4 p.m. at the Johnson Mathers Health Care dining room. Registered Dietician Grace Sears will dispel some of the myths of high cholesterol and fat diets and present a variety of low fat dishes for all participants to sample.

How much do people have to sacrifice of the foods they love in order to reduce risks to their health? To avoid possible heart disease, must people exist solely on a high fiber / all-vegetable diet? Sears will address these and other questions about your diet.

Most importantly, you will learn the facts, not the scare myths, about the connection between health and nutrition.

Fat is found in beef, fish, poultry, eggs, nuts, dairy products and vegetable oils. It is a naturally occurring substance and is necessary to human life. Too little fat in your diet can be just as undesirable as too much.

Fats contain almost double the amount of calories of either proteins or carbohydrates. They can be a tremendous source of energy, but only if people lead very active lifestyles.

Much has been learned in the past 15 years about how different types of fatty acids affect body chemistry. The most significant finding is that eating foods high in saturated fats causes a rise in blood cholesterol levels.

However, saturated fats are not the only culprit in high cholesterol levels. Research has found that too much of any type of fat can raise the amount of cholesterol in the blood. Vegetables contain no cholesterol, but they do have saturated fat and, therefore, can contribute to high cholesterol levels.

FATS ARE HIGH IN CALORIES WHICH CONTRIBUTE TO EXCESS WEIGHT. BEING OVERWEIGHT IS, IN ITSELF, A RISK FOR HEART DISEASE.

Saturated Fats: Saturated fats are found primarily in meats and whole-fat dairy products. There are also some vegetable sources for saturated fat in palm and coconut oils.

Polyunsaturated Fats: This type of fat comes primarily from vegetable sources like corn, safflower, soybean, and cottonseed oils.

Monounsaturated Fats: are found in large amounts in plant oils, specifically olive, canola, and peanut oil.

A NOTE ABOUT CHOLESTEROL: Cholesterol is not a fat - Fat is not cholesterol. Cholesterol is a natural occurring substance produced in the liver. In foods, cholesterol is called dietary cholesterol and comes from whole-milk dairy products, egg yolks, meats, poultry, and seafood.

To find out more about diet and reducing health risks, call and register for this important and informative class. Contact Patsy Isaac at 289-7181 to pre-register.

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Hospital Notes

Nicholas County Hospital Admissions and Discharges February 24, 1993 thru March 2, 1993

Discharges: Carlisle: Brenda Blake, Brent Wade, Christine Dwelly, Joe Bach, Herman Hilander, Jessica Webb, Lena Williams, Everett Jones, Orville Atkinson, Charles Coker, Brent Wade, Bonnie Burke, Mary Patton, Elizabeth Scott, Jessica Lallen, Shirley Mynear; Mt. Olivet: Ruben Dotson, Gina Menkedick, Bessie Stewart, Dewey Miller, Howard Shepherd, Marjorie McBrayer; Ewing: Larry Alexander; Sharpsburg: James McCarty; Flemingsburg: Justin Farrow.

Discharges: Lydia Wilson, Danielle Sapp, Alice Melkovitz, Joe Bach, Brent Wade, Orville Atkinson, Mallory Cobb, Jessica Webb, Robert Trussell, Mildred Duncan, Herman Hilander, Brenda Blake, Sandra Cull; Moorefield: Loretta Bretz; Mt. Olivet: Robbie Wells, Mark Fontaine, Jr., Ruben Dotson, Bessie Stewart, Dewey Miller, Gina Mendedick; Sharpsburg: Earl Tapp; Mt. Sterling: Wanda Terry.

Several Nicholas Countians gave blood at CKBC drive last week

On March 2, students and faculty of Nicholas County High School joined together in an united effort to save lives. They donated 32 units of blood at the blood drive sponsored by the high school and Central Kentucky Blood Center.

The drive was a success thanks to the hard work and enthusiasm of Sue Kirby and the Student Council who coordinated the event. Central Kentucky Blood Center extends a warm thank you to everyone who participated in the blood drive and helped to maintain an adequate blood supply for the Carlisle community.

High school blood drives are held each year in 54 Kentucky counties. These schools have become very important to the Blood Center as they continue to increase their number of donors with each drive.

The following people took time to give of themselves to those in need:

David Thomas, Stephanie Gray, John Navarre, James Snelling, Bradley Small, Mike Kenney, Doris Mann, Joy Anderson, Amanda Fuller, Emmett Smith, Gregg Watkins, Angela Bretz, Matthew Evans, Charlies Warner, Jeremy Cheek, Kevin Watkins, Kelly Puckett, Tammy Clines, Tami Brunker, Donna Norris, Carol McConnell, Tracy Brown, Christopher Prather, Bobbie McCord, Rebecca Mullins, Natasha Bowles, Amanda Capps, Laura Hamm, Emily Hamilton, Bobby Hatfield, Stephanie Kinder, Jennifer Vice, Kimberly Tackitt, Janet Bussell, Carol Jolly, Judith Gates, Melissa Henderson, Edward McGlothin, Jerry Watkins, Anthony Schanding.

LEARN THE FACTS ABOUT FAT AND CHOLESTEROL

THURSDAY, MARCH 18

REGISTRATION BEGINS AT 4P.M.

To guarantee your place at the program, pre-register. Call Patsy Isaacs at 289-7181

Come ready to sample a variety of good-tasting, low fat dishes prepared by Registered Dietician and caterer, Grace Sears. A presentation of recipes and healthy cooking tips will follow.

EVERYONE WELCOME!

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