General News

Holiday Health Hint

Deck The Halls With Boughs Of Holly...Not Balloons!

(NAPS)—This holiday season, as you head to the mall to buy gifts for the little elves in your life, be sure to keep in mind that it is possible to, literally, be allergic to fun. Some people may have a sensitivity to latex, which is sometimes used in the manufacturing of toys and games. It is also used as the base product for many household items. It's even used in the elastic that holds up your underwear and socks!

The risk of latex allergy is less than one percent for the general public. And, although it may not seem like many people are at risk, it is important to remember that an allergy to latex can bring about a severe allergic reaction known as anaphylaxis.

Anaphylaxis occurs when a person is exposed to an allergen to which he or she has been previously sensitized. It is most often triggered by insect stings or food allergies. Problems can range from minor skin irritations to reactions so severe that they could be fatal if left untreated.

"Latex sensitivity, like most other allergies, can be detected through allergy testing. But, you cannot always determine the severity of the allergy and whether or not a patient is a candidate for anaphylaxis," says Dr. Susan Wynn, allergist, Fort Worth Allergy and Asthma Associates. People with eczema, seasonal or year-long allergy problems and asthma are more likely to have latex allergies.

According to Dr. Wynn, it is more than just the rubber that is used to make toys and games, there are tiny starch powder-like particles left on products after manufacturing, which then get into the air and can cause problems for susceptible people.

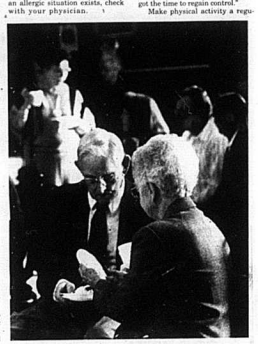
Dr. Wynn warns, "Patients with latex allergies need to be doubly careful of cross reactions to certain foods like bananas, avocados, water chestnuts, and others in the rubber tree family. So, if you have a sensitivity to these foods, watch out for a possible reaction to latex and vice versa."

Reactions to latex can occur quite quickly after initial contact, within minutes to a half hour. Parents of allergic children and other high-risk individuals should know and look for the warning signs of a severe allergic reaction.

Allergy-prone individuals who are susceptible to severe allergic reactions must take precautions. "That means take an extra good look at the toys you give your kids. Any object of natural rubber is a potential source of latex allergies. You even have to take a close look at toys that are made out of hard, molded rubber, not just the stretchy toys," says Dr. Wynn.

It is important to remember that anaphylaxis is—and needs to be treated as—a medical emergency which can be fatal if not treated right away. Once diagnosed, allergic persons should seek their physicians about epinephrine, the medication of choice for the treatment of anaphylaxis. For on-the-spot emergency treatment, an epinephrine auto-injector, called the EpiPen®, is available by prescription. Its rapid action and concealed needle minimizes apprehension and provides the medication with little or no pain. An immediate dose of epinephrine allows the patient enough time to get to the emergency room for further treatment.

This holiday season, as the sleigh bells jingle and the carolers begin to croon, be extra careful when shopping for gifts for allergic children. If you are unsure if an allergic situation exists, check with your physician.



The Carlisle Mercury/ Leigh Stone Photo

Mr. and Mrs. Kash Grimes of Carlisle enjoyed cake served by the Nicholas County Hospital Auxiliary at the reception for new Johnson-Mathers Health Care Inc. physicians, Dr. Faris and Dr. Kardan

Enjoy Holiday Fare Without Guilt And Without Added Pounds

(NAPS)—From the golden roasted turkey, to the buttery mashed potatoes, to the decorated cookies, the holiday season is a festival of family-favorite foods. For many, though, it's also a guilt-ridden, downward spiral of diminishing willpower and unhealthy, unwanted pounds.

"But it needn't be that way," said Betsy Bowersox, MS, RD, a member of The American Institute of Wine & Food's "Resetting the, American Table" movement. "All foods can fit in a quality diet, and that includes holiday delicacies.

"The secret is balance over a several day period," she said. "Look back and assess your diet over the past few days. Were you on the party circuit last weekend? Then look ahead. Are there celebrations looming?"

Make up for feasts of rich, higher-fat foods with lighter, lower-fat meals for the next couple of days, or plan for tomorrow night's party with a lower-calorie, lower-fat breakfast and lunch, Bowersox said.

"Most important, don't panic or feel guilty if your diet seems to have gotten out of hand. When you balance over several days you've got the time to regain control."

Make physical activity a regular habit, too, Bowersox advises. It helps burn calories and makes you feel energetic.

Bowersox offers several techniques to help you and your family emerge from the holidays in the same shape as you are now, maybe better. When you're going to a party:

- have a salad or light soup before leaving home
- select only "special" or favorite foods at a holiday buffet, leave standard fare that you can have anytime such as potato chips, nuts, rolls or potato salad, for the other guests
- space the party beverages—have a glass of sparkling water after a glass of wine or cup of eggnog

When it's your party and you're preparing the food:

- offer low-fat hors d'oeuvres such as raw veggies and yogurt dip
- spoon off clear fat before making gravies
- grate harder cheeses instead of slicing them—you'll use less
- substitute juice, wine or mineral water for part of the oil in salad dressings
- when making a sauce, add butter last, whisking in a tablespoon or less for smoothness and buttery flavor
- make a crustless pumpkin pie.

"Experiment to see what is acceptable to your taste, but don't sacrifice a family-favorite holiday dish," Bowersox said. "Traditional foods—passed on through generations—are an important part of the holidays. These foods are a gift and restriction or omission shouldn't be part of gift-giving. Practice portion control instead. A smaller serving of the real thing can be very satisfying."

Buttery sugar cookies are an example of an all-time favorite holiday treat. Don't experiment with this recipe, just enjoy.

HOLIDAY SUGAR COOKIES

1/2 cup butter, softened
1 1/2 cups granulated sugar
1 egg
1 tsp vanilla
2 1/2 cups flour
1 tsp baking soda

Cream butter and sugar, add egg, vanilla and combine. Mix in flour and baking soda. Chill. Roll dough out to 1/4" thickness. Cut with holiday cookie cutters. Bake on ungreased cookie sheets at 375° for 7 to 8 minutes. Cool and frost. Yield: 3 dozen

For a copy of the brochure "Taste, Health and Guilt-Free Holidays," send a self-addressed, stamped envelope to "Holidays," 3170 Fourth Ave., Third Floor, San Diego, CA 92103.

Holstein cattle produce the most milk.

***

It is easier to know man in general than to know a particular man.

—La Rochefoucauld

When you bake a jam cake, there's only one kind of jam to use...
WindStone Farms Kentucky Blackberry Jam Original Recipe
Contains ripe blackberries and sugar.
No additives.
No preservatives.

Available At
• Carlisle IGA
• Eddie's FamilyRestaurant

Thank You...

The Chamber of Commerce would like to say "thank you" to the local merchants who have supported us this year. The Chamber relies on your membership dues and donations to carry out its projects throughout the year. We encourage everyone to support these merchants by buying at home. The following merchants are Chamber Members for 1994:

Carlisle IGA
Dee Jay Auto Parts
Lester's Family Store
Shell #9 (West End)
Hopkins Drug Store
Garrett's Furniture
Hometown Videos
Carlisle Carpets
1903 Pizza Co.
Reid & Vice, Inc.
McDonald's Ashland Tracks
Main Event Video

★ AUCTION ★

Saturday, December 3 • 10:00 a.m.

3999 Upper Jackstown Road

Located approximately 14 miles from Paris, 3.5 miles from Carlisle, approximately 2 miles off the Lower Jackstown Road. **Look for auction signs.**

John and Roberta Howard have purchased a home in town and have authorized the sale of their farm.

Real Estate: 64.85 acre farm which includes a good seven room, one bath, one and one-half story frame home with a large covered front porch, and enclosed back porch, and aluminum siding. Eat-in kitchen, large family room with a fireplace. Other good buildings include a six-bent tobacco barn with an attached 16'x50' stripping room, a four-bent stock barn and numerous other farm buildings. Farm water includes two ponds and a stream, while the home is supplied by a cistern and a drilled well. 1994 basic tobacco base is 3724 lbs. Good small farm with lots of potential. **Call for more details.**

Also, we will sell a large selection of farm equipment, antiques, and household items. Watch future ads for more details. **Terms:** 10% down day of sale, balance due on or before January 3, 1995. Announcements day of sale take precedence over printed material. Not responsible for accidents.

Ford Eulpment: Ford 4610 tractor, two Farmall 140 tractors with cultivators-side dresser-plow, International lift harrow, 6' Int. drag harrow, 2-14"John Deere Plows, John Deere corn planter, (4) farm wagons, Agri 3 pt. h. 70" tiller, tobacco setters, box scraper blade, top links, draw bars, **1968 FORD TON TRUCK - LOW MILES!** Portable water pump and hose, 1000 gal. plastic water train, four bale boxes, 250 gal. fuel tank, three chainsaws, 50 ton jack, iron fence stretchers, new Stihl FS 36 weed eater, elec. sander, iron posts, lots of hand tools, much more. **Antiques:** Fine oak Beckwith pump organ with mirrored oak back and candle stands, oak knockdown wardrobe, unusual oak 5 drawer dresser with beveled mirror and swell sides, walnut drop-leaf dining table, fine oak 6 drawer chest with wishbone mirror, hickory rocker, 5 drawer mahogany chest with wishbone mirror, tall backrocker, carved back trunk, iron skillets, wall mount coffeegrinder, wheat cradle, grass seed stripper, Sears & Roebuck iron cook stove, old knives, old coins, two Dasey churns, oil lamp, old banjos, RC Cola and Grapette items, old tricycle, postcard collection, **cherry and walnut veneer,** brass scales, childrens toys, key wind watch, old humidor, 2 land presses, and more. GE refrigerator, stove, washer, dryer, dishwasher, 8-gun gun cabinet, maple bedroom suite, concrete flower pots, porch swing. **Guns:** (3) Winchester Model 97 pumps, Winchester Model 370 .410 shotgun, Stevens Model 87A .22 caliber semi-automatic, Marlin Model 80E .22 caliber rifle, Ranger Model 36 .22 rifle, Revelation .308 caliber bolt-action rifle, Marlin Model 336 .30-30, H&R "Targetsmaster" .22 target rifle, Stoeger .22 Luger, shotgun shells. **Terms:** Real Estate: 10% day of sale, balance due on or before January 3, 1994. Personal Property: Cash or check with proper identification. Not responsible for accidents.

Mark Mattox
Real Estate Broker & Auctioneer
106 East Main Street — Carlisle, Kentucky 40311
(606) 289-5720 — (606) 289-2752

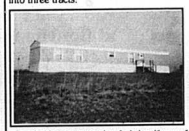
AUCTION

Saturday, December 10 • 10:30 a.m.

Located approximately 7.5 miles Southeast of Carlisle, 3.4 miles from Sharpsburg, approximately 1 mile from East Union at

3450 Upper Sharpsburg Road

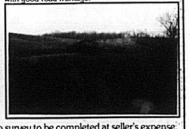
Mr. Bob Balkwin has authorized the sale of his 175 acre, more or less, farm, to be divided into three tracts:



Tract 1: 68 acres, more or less. Includes a like-new 1991 Sunshine 14'x70' two bedroom, two bath mobile home with all furnishings included. Cistern and septic system in place. Also, a good four-bent tobacco barn with a stripping room, a four-bent tobacco barn with a shed, and other farm buildings. KU electric. Sharpsburg water to barn and waterers. Good farm fencing and one pond. Productive ridges with lots of good pasture. 1994 Basic Tobacco Base of 2,042 lbs. subject to ASCS office confirmation.

Tract 2: House and approximately one acre. Five room, one bath frame home with a concrete block foundation and a new front porch. Storm windows, KU electric, Sharpsburg water is available. Presently rented, this has lots of potential as a home or investment.

Tract 3: 107 acres, more or less, pasture farm with good fencing and a fenced ridge containing approximately 10-12 acres. Good watersupply includes one pond, a spring, and available Sharpsburg water. 1994 Basic Tobacco Base of 3,876 lbs. subject to ASCS office confirmation. Good potential homesites with good road frontage.



Auctioneer's Note: All aacreage subject to survey to be completed at seller's expense. Please call for more details.

Terms: Ten percent (10%) down day of sale, balance due on or before 30 days. Announcements day of sale take precedence over printed material. Not responsible for accidents.

Mark Mattox
Real Estate Broker & Auctioneer
106 East Main Street — Carlisle, KY 40311
(606) 289-5720 — (606) 289-2752

CLASSIFIEDS

CLASSIFIED CATEGORIES

01 - Legal Notices
02 - Announcements
03 - Cards Of Thanks
04 - Yard Sales
05 - Services Available
06 - Auctions
07 - For Sale Real Estate
08 - For Rent Houses
09 - For Rent Apartments
10 - For Sale Mobile Homes
11 - For Rent Mobile Homes
12 - For Sale General
13 - Wanted General
14 - Wanted To Buy
15 - Help Wanted
16 - Work Wanted
17 - Products For Sale
18 - Products For Rent
19 - For Sale Farm Items
20 - For Sale Animals
21 - For Sale Animal Products
22 - For Sale Autos/Trucks
23 - Miscellaneous
24 - Business Opportunities
25 - Lost & Found

To Place A Classified, Call (606) 289-2464

Card Of Thanks

CARD OF THANKS

We would like to express our thanks to everyone for their kindness and support shown to us in the loss of our loved ones, Otis and Melissa Davis. Thanks for the cards, flowers, food, donations, and comforting words. Thanks also goes to the Teen Club, Nicholas County School, Nicholas County Ambulance Services, Nicholas County Fire and Rescue Department, Fiscal Court, City and State Police, Bro. Darrell Sexton, Crown Hill Cemetery Employees and Clark's Funeral Home.
God Bless Each and Everyone,
The Davis Family

Announcements

NOTICE... LAYTARTS GROCERY WILL NO LONGER ACCEPT FOOD STAMPS AS OF DEC. 1, 1994.

For Rent Houses

FOR RENT: Two-bedroom farm house on Hwy 648 in Nicholas Co. Gas Heat. Phone 289-2036.

For Sale Mobile Homes

FOR SALE: 12x60 mobile home, 3 rooms added, approx. 1/2 acre, 8 miles West of Carlisle, city water, 2 garages, fireplace, black top road, satellite, $30,000. Call 606-247-2816. in Nicholas Co.

NEW 3 BEDROOM, FULL BATHS, ONLY $259 PER MONTH, TAKE IMMEDIATE DELIVERY. THIS WON'T LAST LONG. CHERRY HILL HOMES, WILLIAMSTOWN, KY 1-800-844-0543.

1995 SECTIONAL, 3 BEDROOM, 2 BATHS, FOOTERS A/C, SKIRTING, DELIVERLY, SET-UP FOR ONLY $1,500 DOWN AND $299 PER MONTH. THIS OFFER FOR A LIMITED TIME ONLY! CHERRY HILL HOMES, WILLIAMSTOWN, KY 1-800-844-0543.

$1,000 DOWN ON 1995, 14X70'S, 2 OR 3 BEDROOMS, SKIRTING, DELIVERLY SET-UP. HURRY IN THESE WON'T LAST LONG! CHERRY HILL HOMES, WILLIAMSTOWN, KY 1-800-844-0543.

#1 SELLING HOME, MANY UPGRADES, INCLUDES A/C & SKIRTING, ONLY $1,900 DOWN AND $365 PER MONTH. EXCLUSIVELY AT CHERRY HILL HOMES, WILLIAMSTOWN, KY 1-800-844-0543.

For Sale Mobile Homes

MR. TOBACCO FARMER
Don't spend that hard earned money with independent dealers. Oakwood Homes Factory Direct Outlet have new 1995 three bedroom homes starting at $13,995. ASK FOR DON CHARLES at 800-219-5207!

For Rent Mobile Homes

FOR RENT: Trailer lots and 2 bedroom at Green Acre Trailer Park on Headquarters Rd. in Nicholas Co. Call 289-2106. Move trailer in and get 2 months free rent.

For Sale General

FOR SALE: 65,000 BTU gas stove $300. Call 289-4845.

SIGNS
Portable, changeable letter sign $299. Free letters/delivery. Plastic letters $55. (Second box free.) (800)-533-3453. Anytime.

FOR SALE: 7 1/2 ft. Mountain King Christmas tree, $25; also 4 1/2 ft. tree $10. Call after 4pm 289-7468. Suelyn Berry.

CRAFT SALE: several families. Wood crafts, holiday decorations, etc. Sat. 12-3-94, 9 to 5 and Sun. 12-4-94, 1 to 5. Dotson residence, 1347 Myers Rd., Carlisle. Sue Dotson.

FOR SALE: 18 month old IBM computer and new Panasonic Printer. Both perfect condition. Call for details. Gene Kelley 289-7515.

Help Wanted

COOK AND DIETARY AIDS
Needed for hospital/nursing home. Full and part time available. Experience helpful but not necessary. Must have GED or High School Diploma. Apply at Nicholas Co. Hospital, 2323 Concrete Road, Carlisle, KY 40311 E.O.E. 606-289-7181.

TEXAS REFINERY CORP. needs mature person now in CARLISLE area. Regardless of training, write W.H. Hopkins, Box 711, Ft. Worth, TX 76101.

For Sale Autos/Trucks

FOR SALE: New 1994 Chevorlet Lumina Mark III Van, V6, White, PS, AC, TV and tape, Power Windows, leather, special lighting, radio with headphones, 80,000 mile warranty on Michelin Tires. Asking $18,000. Phone: (606) 266-5176. E.C. Flora-Lex., KY

Accepting Applications
for 1, 2 and 3 bedroom apartments.
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Lengths Up To 30 Feet
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Charles 876-5351
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PUBLIC NOTICE

The Fiscal Court of Nicholas County, Kentucky, at a meeting commencing at 4:00 p.m. on December 13, 1994, to be held at the Nicholas County Courthouse, Carlisle, Kentucky will consider for passage the following ordinance:

AN ORDINANCE RELATING TO THE ESTABLISHMENT OF A CODE OF ETHICS FOR COUNTY OFFICIALS AND EMPLOYEES IN NICHOLAS COUNTY, KENTUCKY:

ARTICLE I: DEFINITIONS
ARTICLE II: STANDARD OF CONDUCT
ARTICLE III: FINANCIAL DISCLOSURE
ARTICLE IV: NEPOTISM
ARTICLE V: COUNTY ETHICS COMMISSION

A copy of the full text of the ordinance is available for inspection in the office of the County Judge/Executive between the hours of 8:30 a.m. and 4:30 p.m., Monday through Friday.

It is certified by the Fiscal Court that the above summary is an accurate narration of the sin points of the ordinance.

FISCAL COURT OF NICHOLAS COUNTY
BY: /s/ CHARLES SMITH, NICHOLAS COUNTY JUDGE/EXECUTIVE

RENEW YOUR SUBSCRIPTION

AUTOMOBILES

94 Geo Prizm - Auto, PS, air, rear defroster, light teal color, 2,800 miles!

93 Geo Tracker LSI 4x4 - Auto, power steering, air, AM/FM cassette, hard top, burgundy with grey interior, 31,000 miles.

93 Dodge Caravan - V6, auto, PS, air, tilt, cruise, power locks, white with blue interior, 22,000 miles.

92 Geo Metro - 4 door, auto, air, white with grey interior, 28,000 miles

91 Lincoln Town Car - All options, white with blue interior, Michelin tires, 45,000 miles.

91 Buick Regal - Four door, 1 limited, 3800 engine, black with grey cloth interior, 45,000 miles.

91 Buick regal - Burgundy inside and out, all power, 3800 engine, all options, custom built, new tires, 41,000 miles.

91 Cadillac Sedan Deville - Grey with silver bottom, all options.

91 Chevy S-10 - Four cylinder, AT, PS, air, stereo, white with blue interior, local truck.

91 Olds Cutlass Calais - Two door, grey with burgundy interior, full power, 49,000 miles.

90 Olds Cutlass Supreme - Four door, all options, white with blue interior, Michelin tires, 32,000 miles.

90 Ford Ranger XLT - 4 cylinder, auto, PS, air, AM/FM cassette, longbed, black with silver bottom, 55,000 miles.

90 Pontiac Grand Prix - V6, all power, blue with grey interior, new tires, 53,000 miles.

90 Cougar - V6, all options, new tires, light grey with blue interior, 46,000 miles.

90 Toyota Celica GT Coupe - Red with gray interior, five speed, PS, tilt, cruise, stereo, sunroof.

89 Chevy S-10 Tahoe Special Edition 4x4 - V6, five speed, power steering, tilt, AM/FM cassette, Swiss camper top, black with grey interior, 35,000 miles.

87 Buick Riviera T-Type - Power sunroof, lumber seats, blue with grey bottom, new tires, 52,000 miles.

87 Cadillac El Dorado - All options, white with blue interior, 67,000 miles. LIKE NEW!

87 Buick Century - 4 cylinder, full power, black with burgundy interior.

87 Toyota 4x4 Pickup - Five speed, cassette, grey with grey interior, new paint, new tires, local truck.

86 Ford Thunderbird - Two door, blue, new tires, full power.

86 Chevy Cavalier - Four door, 4 speed, full power, grey with red interior.

84 Mazda Pickup - Five speed, AM/FM cassette, grey inside and out.

84 Olds Cutlass Supreme - 2 door, V6, full power, blue inside and out.

84 Buick Skyhawk - 2 door, full power, champagne color, brown interior, 86,000 miles

MILLARD CHANDLER
Mt. Olivet, KY
724 - 5700

Are you a good cook?

Do people compliment you on dishes you prepare? Do you know someone who can cook anything and make it mouth-watering? Even if you just have a great recipe, you can share it with your neighbors in Nicholas County, all across Kentucky, and all over the United States - Just send us your recipe for use in the Holiday Recipe & Songbook, to be published in December.

Send your recipes, along with your name and address so we can give you proper credit, to:

THE CARLISLE MERCURY
P.O. Box 272 • Carlisle, KY 40311-0272

Or drop by our office at 234 North Locust Street, 8 a.m.-5 p.m., Monday through Friday. Deadline for submissions is Thursday, December 8.

Even Santa Claus Needs A Hand At Christmas Time...

The Nicholas County Fire Department is once again asking your help in bringing a Merry Christams to less fortunate families in Nicholas County. Donations of toys, non-perishable food, and funds are needed for the Annual Toy Drive. You can help your neighbor have a better Christmas than they might have otherwise.

Another Way You Can Help

The Nicholas County Fire Department will raffle a solid wood gun case, donated by by Billy Mac Gaunce, to aid in the drive. Tickets are only $1.00 each, and may be purchased from any Nicholas County Firefighter.

You can drop off your donated items at the following locations:

NICHOLAS COUNTY FIRE DEPT., Market St.
THE CARLISLE MERCURY, 234 North Locust Street
Woody's Auto Repair, Upper Jackstown Rd.

For More Information, Call
Mark Hughes 289-7226
The Carlisle Mercury 289-2464