

SOCIAL

SALTWELL NEWS By Mrs. Fred Hollar

Mr. Janice Kenney of Louisville accompanied his mother, Mrs. Elise Kenney, to Indianapolis to meet her daughter, Mrs. Terry Lovvorn, who took her to her home in Decatur. She had spent nine days with relatives here.
Mr. Allen Hale was moving his home in Carlisle on Thursday after several weeks stay in Harrison Memorial Hospital and ICU Unit in Good Samaritan Hospital. He will still qualify as his home in Carlisle.

Hall, Sharp to say vows



Angie L. Hall & Dwayne D. Sharp

Personally I'm always ready to learn, although I do not always like being taught. —Winston Churchill

Dance Legion Park, Paris - Friday, June 24th 8:00 p.m. - Midnight DESTINY Proceeds go to sending qualified All-American Karate Students to the Junior Olympics in Melbourne, Florida Sponsored by: AAKS Booster Club

Childhood Asthma Management Program If YOUR CHILD HAS ASTHMA, YOU NEED TO GO TO C.A.M.P. JMIC.

C.A.M.P. is a free program designed to help parents with children 4-6 years old manage their child's asthma. The program also teaches parents...

COMMUNITY

George, George, and Sandy Livingston with Fanny Teel on Thursday. Sandy Livingston stayed Saturday night with Fanny Teel on Thursday.
George, George, and Sandy Livingston, Rick, Helen, and Mike Williams, and a friend of Mike's, Cathy, and Sharon, Tony, Mark, Helen, and Sarah Young spent Father's Day with George Fisher. Helen had a big dinner for the family. George, Sandy, and Sharon had a small tomato garden for Helen on Sunday.



Stephanie Crawford & Jeff Gady
McConnell takes part in pageant
Beauty State Pageant. Haley was also entered into the Universal Beauty Pageant held on May 21 at the PW in Haley was placed as second runner up and she won most photogenic. Haley will also receive her \$200 beauty fee paid to the Nationals in March of 1995.

MOREHEAD - Haley McConnell, the 9 month old daughter of Bruce Bowles and Tony McConnell, was entered into the Blue Grass Beauties Pageant held on June 4 at the American Legion in Mt. Sterling, Kentucky. Haley placed as 1st runner up in her category and will also receive her \$100 beauty fee paid to the 1995 Blue Grass Beauties State Pageant.

Tansu on Bera Dean's List

Berea - Nicholas County high graduate Tansu Bera Dean, daughter of Dr. and Mrs. Leon Riggs of Concrete Road, Carlisle, has been named to the Dean's List at Berea College for the year just completed.
To be eligible, a student must maintain a B average and must be a resident of the county and be at least 18 years of age and in at least four full-credit courses, the equivalent of 16 semester hours.

Certified Communities Partnership under way

FRANKFORT - Five Kentucky communities have been selected to participate in the initial phase of the Certified Communities Partnership Program. The various committees wanted to include communities from various regions and to encourage multi-county participation.
Each community will begin by completing a community assessment designed to determine the community's strengths and weaknesses. Once complete, a resource team comprised of representatives from the 30-member coalition will meet with community leaders to develop a plan for the community.
The plan will be tailored to each community's needs and desires rather than a structured, "one-size-fits-all" approach.

Ritchie stationed aboard USS George Washington

June 15, 1994 (PHOTO) - Navy Airman Recruiter Dennis W. Ritchie, son of Patricia J. Gubers of Onio Street, Carlisle, is deployed aboard the aircraft carrier USS George Washington, homeported in Norfolk, Virginia, and recently participated in the commencement of the 50th anniversary of D-Day.

Coming Soon During The Blackberry Festival THE SINGING PIANO July 4th • 7:00 p.m. Presented By Assembly Of God Church
Golden Rule Vinyl Products Professional Custom Installation Available! Wholesale Prices

Health Matters

The benefits of fiber in your diet
Nutritionists sing the praises of fiber. Why all the fuss about the part of plants that you can't digest?
Yet time and again, on television, in your favorite magazines, even in conversation with friends, invariably the subject of diet comes up. And most of the time, diet consists of high fiber and low fat.
Why?
It's simple: Research suggests strongly that fiber helps control diabetes and constipation - and may lower the risks of heart disease, colon cancer, and breast cancer. Eating plenty of fiber-rich fruit may even help prevent high blood pressure, according to recent studies.

Table with 2 columns: Instead of, Try fiber-rich.
Orange Juice (0 1 gram)
Apple Juice (0 1 gram)
Corn Flakes (0 5 gram)
White Rice (0 5 gram)
Iceberg Lettuce (0 5 gram)
Peanut Chips (0 8 gram)
White Bread (1 8 gram)

THE SECOND ANNUAL BEAUTY/BABY SHOW

JULY 5 DURING THE 1994 BLACKBERRY FESTIVAL At The National Guard Armory
• 0-18 Months • 7-8 Years
• 19-35 Months • 9-11 Years
• 3-4 Years • 12-14 Years
• 5-6 Years • 15 & Up
All winners will receive a crown and trophy. All runners-up will also receive a trophy. There will be an overall winner for 0-4 Years and another for 5 Years & Up will receive \$50.00 cash, a crown, and a trophy.

For More Information, Contact Directors (606) 236-0462

You Now Can Own THE NEW Dodge Truck For Only \$269.00 Per Month
Mann MT. Sterling, KY (606) 498-0232
Chrysler • Plymouth • Dodge • Jeep • Eagle

2.9% FINANCING With Approved Credit Or \$750 Rebate Or \$1000 Rebate On Lease On 1994 F-Series\*
Hurry! For A Limited Time! COLE FORD MERCURY Maysville Road • Mount Sterling, KY (606) 498-0102

ROCKY DEALS Light Up The Sky With Fireworks - Now On Sale
Thurs., June 23 Meatloaf Sandwich 99c
Friday, June 24 Our Famous Tenderloin \$1.79
Mon., June 27 Chili Dogs Two For Only \$1.00
Tues., June 28 Dressed Cheeseburger 99c
Wed., June 29 Country Ham Sandwich \$1.69
Add Potato Wedges For Only 79c!