

**SOCIAL**

**Saltwell News**

By Mrs. Fred Hollar

Mr. and Mrs. Carl Scott dined with Mr. and Mrs. Freddie Gaunce on Wednesday night.  
 Rev. and Mrs. Robert Allen and Mrs. Nell Gaunce, and Mr. and Mrs. Vaughn Matton visited Mr. and Mrs. Claude Fryman at Morehead on Wednesday.  
 Mrs. Donna Jo Flora entered the Good Samaritan Hospital on Tuesday and remained a patient there until Saturday for treatment.

Bob Kenney spent Saturday with Mrs. Gladys Kenney. They also visited in Mt. Sterling.  
 Mrs. Hessel Gray remains a patient in Nicholas County Hospital after a fall last Monday.  
 Mrs. Gary Hollar spent Thursday evening with Mr. and Mrs. Ron Allison and baby John Lee of Sharpsburg.

Mr. Willard Varner was a patient at Harrison Memorial Hospital the past week and was moved to a Lexington Hospital on Friday night. He remains a patient there.  
 The Pre-Easter Services for the Community Churches of the County will hold their services as follows:

**Maundy Thursday Service** at Mr. Pinnant at 7 p.m. with Rev. Richard Gardner as speaker.  
**Good Friday Service** at Saltwell at 7 p.m. with Rev. John Smith as speaker.  
**Sunrise on Sunday** at 6 a.m. at Headquarters with Rev. Brenda Knott as speaker.

Refreshments will be served in the basement.  
 The community choir will be singing at all the services. Everyone is invited to come and worship.

Mr. and Mrs. Jeff Matton, Amanda, Jonathan, and Anne Marie spent Saturday and Sunday with relatives in Louisville. Mr. and Mrs. Frank McCoy and Sandy spent Sunday with his brother and wife, Don McCoy of Bowling, honoring his brother's birthday.

J.R. and Terry Kenney dined with Mrs. Mae Kenney on Sunday.  
 Darrin Snapp spent Saturday and Sunday with Mrs. Betty Snapp.

Mr. George Gaffin entered Humans Hospital in Lexington on Saturday for treatment and remains a patient at this writing.  
 Mrs. Edna Caswell, Carlisle, spent Sunday with Mr. and Mrs. H.A. Gaunce and Amanda.

Mrs. Idmahel Smith visited with Mr. and Mrs. Allen Rule in Carlisle on Sunday.  
 Mr. and Mrs. John Barrett was in Lexington Friday to consult with his doctor. His condition is slightly improved.  
 Mrs. Gary Hollar visited Mrs. Donald Stone and others of her family in Carlisle Sunday night.

**Ritchies celebrate 75th**

Mr. and Mrs. W.B. Ritchie will celebrate their 75th wedding anniversary on Sunday April 10th. There will be a reception held at their home on 1325 Brent Street in Paris from 2-4 p.m. The reception will be hosted by their three daughters, Elizabeth, Helen, and Jewell, and their daughter in law, Theresa Ritchie.

The Ritchies were married April 12, 1919 in Jeffersonville, Ind. by the late Rev. James S. Rejones.

The Ritchies are parents of four children, Elizabeth Blucher, Theresa Ritchie (deceased), Helen Pennington, and Jewell Ritchie.

They request no gifts, just your presence at their reception to help them celebrate this great occasion.

**Mothers Rings \$895**

3 Birthstone & Sizing • Layaway Now!  
**Bluegrass Jewelry & Diamonds**  
 Harrison Square  
 Cynthia, KY  
 234-9636

**PARIS POOL SUPPLY PRE-SEASON SALE!**

EAR FLIPERS LENSES FLOATS POOLS HOSES SAND GAMES FILTERS SOLAR HEATERS

March 31st, April 1st & 2nd  
 806 Main St., Paris, Ky. • 987-1775

ALL CHAIRS 20% off  
 ALL TABLES 20% off  
 ALL COFFERS 20% off  
 ALL BENCHES 20% off  
 ALL RADIATORS 20% off  
 ALL HEATERS 20% off  
 ALL FILTERS 20% off  
 ALL POOLS 20% off

**10% Off All Other Inventory!**

**Hospice to offer training course**

Hospice of the Bluegrass will offer a Volunteer Training course beginning Tuesday, April 12. The nine-week course, held each Tuesday from 7 p.m. to 9 p.m., will conclude June 7. The training course will be held at Hospice of the Bluegrass, 2312 Alexandria Drive.

The course, which is free to the public, is designed to educate and train people interested in patient care. Attending the course will be a commitment to volunteer. A variety of volunteer opportunities are available, including visiting patients and their families and transporting patients to medical appointments. Continuing education credits are available for a \$10 fee to LPN's and RN's who attend the course and meet all requirements.

The next Volunteer Training course will be offered this coming summer during the training course or for more information, contact Lisa Villarreal at (606) 276-5344.

**Perkins welcomes Matthew Keith**

Mr. and Mrs. Dwayne Perkins are proud to announce the birth of their first child, a son, Matthew Keith Perkins. Matthew Keith was born Tuesday, December 28, 1993 at 11:21 a.m. at Meadowview Regional.

He weighed 4 pounds, 10 ounces and was 19 inches long. Maternal grandparents are Elaine Crawford and Donald Perkins of Carlisle and Mr. and Mrs. John Workman of Bowling.

**Riggs, May to wed**

Mr. and Mrs. Jerry Riggs of Cynthiana wish to announce the engagement and forthcoming marriage of their daughter, Terry Beth, to William L. May III, of Paris, Ky. and Mrs. Bill May of Prestonburg.

The wedding will take place on April 16, at 1:30 p.m. at the Mt. Pleasant Church in Cynthiana.

No invitations are being sent. All friends and family are invited to attend.

**Fields, Livingood to say vows**

Carlie, Miss Amy Dawn Fields is a 1990 graduate of Bracken County High School and is employed at deKey International in Carlisle.

Her fiancée is a 1991 graduate of Nicholas County High School and is employed at Kentucky Tech of Lexington. He is presently employed at Food Lion in Paris.

The ceremony will take place at 7:00 p.m., Saturday, April 2 at the East Union Christian Church.

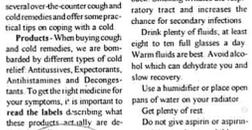
No formal invitations are being mailed. All friends and relatives are cordially invited to attend.

**Health Matters**

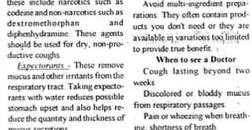
**Sponsored by Johnson Mathers Health Care**  
**Inside tips on handling the common cold**  
 By Jackie Burrell, R.Ph.  
**IMIC** Pharmacist  
 It is estimated that Americans suffer from one to two billion colds a year. Although most are not serious, they are annoying and discomforting. In this week's Health Matters, we will focus on several over-the-counter cough and cold remedies and offer some practical tips on coping with a cold.  
**Products** - When buying cough and cold remedies, we are bombarded by different types of cold relief Antitussives, Expectorants, Antihistamines and Decongestants. To get the right medicine for your symptoms, it is important to read the labels describing what these products actually are designed to relieve.  
**Antitussives** - These inhibit or suppress coughing. Examples of these include narcotics such as codeine and non-narcotics such as dextromethorphan and diphhydramine. These agents should be used for dry, non-productive coughs.  
**Expectorants** - These remove mucus and other irritants from the respiratory tract. Taking expectorants with water reduces possible stomach upset and also helps reduce the quantity and thickness of mucus secretions.  
**Antihistamines/Decongestants** - Over-the-counter antihistamines are not recommended for the relief of symptoms linked with the common cold, but are recognized as safe and effective for relief of hay fever and respiratory allergies.  
**Do not smoke or at least cut back.** Smoking irritates the respiratory tract and increases the chance for secondary infections.  
**Drink plenty of fluids.** At least eight to ten full glasses a day.  
**Warm fluids are best.** Avoid alcohol which can dehydrate you and slow recovery.  
**Use a humidifier or place open pans of water on your radiator.**  
**Get plenty of rest.** Do not go to sports or aspirin-containing products to children to treat colds or flu symptoms unless on the advice of your doctor.  
**Avoid multi-ingredient preparations.** They often contain products you don't need or they are available in variations too limited to provide true benefit.  
**When to see a Doctor**  
 Cough lasting beyond two weeks  
 Discolored or bloody mucus from respiratory passages  
 Pain or wheezing when breathing, shortness of breath  
 Fever more than 100.5 for two days or a sore throat lasting over three days  
 Pain and/or swelling of neck  
 Chronic fatigue



Jackie Burrell, R.Ph.



Terry Beth Perkins



William L. May III



Carlie Fields



Amy Dawn Fields

**Johnson Mathers Community School of Good Health**  
 Presents  
**For Women**  
 Only ...  
**1994**  
 Saturday, April 9, 10:00 - 3:30 pm. \$5.00 per person  
 Nicholas County Elementary School Cafeteria

**HEALTH CARE PROFESSIONALS ON WOMEN'S HEALTH ISSUES**  
 Dr. Rose M. Hackett Jackie Burrell, RPh  
 Mary L. Eastham, OB/GYN Brenda Burrier, R.D.  
 Plus  
 A spring fashion update and make-over by McAlpin's of Lexington  
 Drawing for a free sitting from Glamour Shots of Lexington Mall  
 Lunch Reservations Required.  
 Please Call Josh Shepherd or Betty Linyulle at 289-7181 if you plan to attend.

**COMMUNITY**

**Church Corner**

The following is an article written by a local church official, and does not necessarily reflect the views or opinions held by The Carlisle Courier or Park Communications, Inc.

By Rev. Michael J. Weglicki  
 Pastor, Shrine of Our Lady of Guadalupe Catholic Church

**Reflections on Resurrection**  
 Now that we are nearing the end of Holy Week, we cannot help thinking about what our Lord did for the human race. We remember his triumphant entrance into Jerusalem on Palm Sunday. We recall his Last Supper with his apostles. We meditate upon his crucifixion and death on the cross. It all leads up to the empty tomb on Easter Sunday and reflecting upon our own resurrection at the end of the world and life everlasting.

Everyone has the experience of visiting the grave of a loved one in a cemetery. For the most part, cemeteries resemble well-kept parks. After all, our burial customs do call for respect for the dead. The grass is green and a beautiful green. Stone monuments from recent burials seem to be highly polished. Neatly carved names and dates of a person's birth and death are legible. Some of the older monuments may have weathered, but the inscriptions still can be read. Many graves are decorated with fresh flowers. This indicates that they are visited frequently.

In addition to well-kept cemeteries, one can find many old family cemeteries. Some are over a hundred years old. One who comes across an old cemetery will probably find it neglected. The stones are weathered and difficult, if not impossible, to read. Many have toppled and have deteriorated. Trees are growing out of some of the graves. Walking through the graves may be difficult because it is just overgrown. It is probably impossible to locate a certain grave. Many of these cemeteries are not on government property and have become inaccessible.

Some of the stones that are still legible, one might find a name, the years of birth and death, and a date and an epitaph telling us something about the person. Some may have more, no memory of the person who buried them remains. There would be no one alive today who knew the person. No real record is left of that person's life. If the remains were removed, one might find only some black carbon. The black carbon was once a human being who had a life. Something tells us that even though the physical body has decomposed, something still remains of that person. That's why special care must be taken if an old body is to be moved.

His disciples probably wondered, "What is he talking about?" On day he took Peter, James and John up to the top of a high mountain. Suddenly he was transfigured before their eyes. His garments became as bright white. Moses and Elijah appeared with him. The apostles saw a preview of the resurrected Christ. They were given a glimpse of heaven. The experience was so beautiful that they wanted to stay there forever. Then all of a sudden it ended and he took them back to the real world and found it empty. They ran back to tell the other disciples. Did he really rise from the dead? Later on, Peter and John came to the tomb. They saw the wrappings. Could it have really happened? Jesus would make several appearances to his apostles, he had indeed risen from the dead!

Sunday was celebrated the day of resurrection. Jesus rose from the dead. We will rise from the dead at the end of the world. Jesus was not destroyed by his death, but he did not die and he did not die in death, but he did not die and he did not die in death. We will rise in the resurrection of the body. Christ died for all of us, no matter where you lived in the world, what period of history you live in. Happy Easter!

**Hospital Notes**

**Nicholas County Hospital Admissions and Discharges**  
 March 16, 1994 thru March 22, 1994

**Admissions:** Carlie Chad Crump, Ruby Ritchie, Shirley Frederick, Carolyn Ashbury, Charles Coker, Betty Kelly, Jennifer English, Ellen McGuffee, Linda Harlan, Gary Jolly, Gordon Papp, Miller, Stacey John Sexton, Eugene Stanley Ham, Lenita Jolly, Charalynburg, Margaret Hatton, Mayaville Woodruff.

**Discharges:** Carlie Tyler Garrett, Patricia Graves, Clarine Feedback, Kathy Thoresburg, Fred Taborn, Christina McIntosh, Shirley Frederick, Chad Crump, Woodrow Nickerson, Vernice Sausy, Lucille Presley, Ellen McGuffee, Garrett Gray, Marie Robinson, Betty Kelly, Wendy Stanley Ham, Sharburg, Ricky Jolly, Margaret Hatton, Mercedes Corneio Watkins, Millerburg, John Sexton.

Brookville: Pearl Stapp, Discharges: Carlie Tyler Garrett, Patricia Graves, Clarine Feedback, Kathy Thoresburg, Fred Taborn, Christina McIntosh, Shirley Frederick, Chad Crump, Woodrow Nickerson, Vernice Sausy, Lucille Presley, Ellen McGuffee, Garrett Gray, Marie Robinson, Betty Kelly, Wendy Stanley Ham, Sharburg, Ricky Jolly, Margaret Hatton, Mercedes Corneio Watkins, Millerburg, John Sexton.

**MENUS**

- Nicholas County Elementary School Breakfast: Monday, April 4, Juice, Danish or Sweet Roll, Milk, Wednesday, April 6, Juice, Ham/Biscuit, Milk, Thursday, April 7, SPRING BREAK, Friday, April 8, SPRING BREAK
- Chesebake, Milk, Tuesday, April 5, Juice, Danish or Sweet Roll, Milk, Wednesday, April 6, Juice, Ham/Biscuit, Milk, Thursday, April 7, SPRING BREAK, Friday, April 8, SPRING BREAK
- Chesebake/Sandwich, Tossed Salad/Dressing, Brown Beans, Peach Cobbler, Milk/Tea/Lemonade, Salad Bar Available.
- Wednesday, April 6, Pork Barbecue, Buttered Corn, Slaw, Banana Pudding, Milk/Tea/Lemonade, Prepared Salad, Thursday, April 7, SPRING BREAK, Friday, April 8, SPRING BREAK, Menu subject to change.
- Monday, April 4, Hamburger on Bun, Lettuce/Tomato/Pickles, Baked Beans, French Fries, Fruit, Milk, Tuesday, April 5, Oven Fried Chicken, Green Beans, Mashed Potatoes, Slice Bread, Ice Cream, Milk, Wednesday, April 6, Taco, Lettuce/Tomato/Onions, Taco Pieces, Buttered Corn, Peach Half, Milk, Thursday, April 7, SPRING BREAK, Friday, April 8, SPRING BREAK
- Nicholas County High School Breakfast: Monday, April 4, Juice, Cinnamon Raisin Biscuit, Milk, Tuesday, April 5, Juice, Bacon/Egg on Bun, Milk, Wednesday, April 6, Juice, Danish, Milk, Thursday, April 6, SPRING BREAK, Friday, April 7, SPRING BREAK
- Lunch: Monday, April 4, Hamburger on Bun, Lettuce/Tomato/Pickles, Baked Beans, French Fries, Fruit, Milk, Tuesday, April 5, Oven Fried Chicken, Green Beans, Mashed Potatoes, Slice Bread, Ice Cream, Milk, Wednesday, April 6, Taco, Lettuce/Tomato/Onions, Taco Pieces, Buttered Corn, Peach Half, Milk, Thursday, April 7, SPRING BREAK, Friday, April 8, SPRING BREAK
- Nicholas County High School Lunch: Monday, April 4, Chicken Nuggets, Green Beans, Mashed Potatoes, Biscuits, Salad Bar Available, Milk/Tea/Lemonade, Tuesday, April 5, Grill

**Tech students take honors**

KY Tech Harrison County HOSA attended the KY HOSA state competition in Louisville on March 12, 1994. Students attended workshops and business meetings as well as participating in various competitions. Executive trophies were: Crystal Small, Scrapbook, 1st place; Terri Wright, Christy Wright, Lisa Hutson, Crystal Small, Community Awareness project, 2nd place; Amy



Kentucky Tech students who attended the recent HOSA state competition are back to front: Suzanne Manthey, Judy Hill, Heather Puckett, Crystal Small, Jenny Hill, Christy Wright, Elise Pribble, Sally Correns, Amy Tashiro, Lisa Hutson, Crystal Leonard, Tonya Herrmann, Crystal Doon, Terri Wright, and Melissa Barfield.

**Diamond Engagement Rings \$995**

Harrison Square  
 Cynthia, KY  
 234-9636

**Easter Ministry Of Carlisle Christian Church Presents "In Remembrance"**

SPECIAL MUSIC COMMUNION SLIDE PRESENTATION CANDELEIGHT SERVICE  
 Friday, April 1 at 7:30 p.m.  
 PUBLIC INVITED (Limited Seating)

**EASTER SERVICE**

Sunday, April 3rd • 10:45  
*A Flowering Of The Cross Service*  
 Bring A Fresh Flower, Please

**MAUNDY THURSDAY**

Candlelight Communion & Service  
 7:00 p.m.  
 Special Music  
**First Christian Church**  
 100 Catherine Street • Carlisle  
 Dr. Kent B. Duke, Minister

**THIS WEEK'S DAILY SPECIALS**

Thursday March 31  
**BBQ**  
 99¢

Friday April 1  
 Our Famous  
**Tenderloin Sandwich**  
 \$1.79

Monday April 4  
**Baked Potato & Salad**  
 \$1.59

Tuesday, April 5  
**Hot Dogs**  
 2 For \$1.00

Wednesday, April 6  
**Dressed Cheeseburger**  
 99¢

**Easter Sunday Specials**

**Country Ham Sandwich**  
 \$1.99

With Small Fountain Drink  
 Coke & Coke Products  
 99¢ 2 Liter  
 Easter Sausage, \$6.99  
 Doritos  
 \$2.99 12 Pk.  
 RC & RC Products  
 \$2.69 12 Pk.  
 Private Stock Cigarettes  
 \$6.99 Carton  
 All Week

**Crossroad Chevron**

5399 Concrete Road • Carlisle • 289-6118  
 CATCH THE HOMETOWN FEELING AT CHEVRON - A SMILE WAITS FOR YOU INSIDE

**Diamond Engagement Rings \$995**

Harrison Square  
 Cynthia, KY  
 234-9636

**Easter Ministry Of Carlisle Christian Church Presents "In Remembrance"**

SPECIAL MUSIC COMMUNION SLIDE PRESENTATION CANDELEIGHT SERVICE  
 Friday, April 1 at 7:30 p.m.  
 PUBLIC INVITED (Limited Seating)

**EASTER SERVICE**

Sunday, April 3rd • 10:45  
*A Flowering Of The Cross Service*  
 Bring A Fresh Flower, Please

**MAUNDY THURSDAY**

Candlelight Communion & Service  
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 2 For \$1.00

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**Dressed Cheeseburger**  
 99¢

**Easter Sunday Specials**

**Country Ham Sandwich**  
 \$1.99

With Small Fountain Drink  
 Coke & Coke Products  
 99¢ 2 Liter  
 Easter Sausage, \$6.99  
 Doritos  
 \$2.99 12 Pk.  
 RC & RC Products  
 \$2.69 12 Pk.  
 Private Stock Cigarettes  
 \$6.99 Carton  
 All Week

**Crossroad Chevron**

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 CATCH THE HOMETOWN FEELING AT CHEVRON - A SMILE WAITS FOR YOU INSIDE