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Anderson optimistic about Bat Jacket's season

By Leigh Stone
Of The Carlisle Mercury Staff

CARLISLE- Nicholas County Baseball Coach Billy Anderson is optimistic about this year's season for the Bat Jackets.

"We've got back all our players except one starter. I feel like we'll have a pretty decent season."

The Nicholas County 1994 baseball season began Monday, March 28, but the first game was cancelled due to rain.

The Bat Jackets were to play the Lewis County Lions at Lewis County.

The 1994 team includes: Israel Stacy, Bradley Trussell, Bradley Brown and Mark Adams, seniors; John Brown, Shane Kenney, Duane Kenney, Mike Booth, Brian Simpson, Jason Ring, Derek Anderson, Mike French, Wes Berry, juniors; Brad Russell, Chris Kelley, Brian Smoot, Aubrey Fryman, Sam Fulton and Rodney Mitchell, sophomores; and Aaron Wills, George Mitchell and Bradley Hollar, freshmen.

Assistant Coach Greg Letcher has served the team for three years and joins Coach Anderson in optimism about this year's team. "We've got everybody coming back except two seniors who graduated last year so we'll have basically the same team on the field this year with some more experience. I think our strong point may be pitching in that we have some experience."

Four seniors return to the team: Israel Stacy, Bradley Trussell, Bradley Brown and Mark Adams. "These four seniors have been part of the program all four years and they've been an integral part of it and will have some leadership responsibilities. Their attitude will be reflective of how the team performs."

The season schedule is as follows: March 28, Lewis County, away, 4:30 p.m.; March 29, Montgomery Co., away, 4:30; March 31, Harrison Co., home, 4:30; April 1, Mason Co., home, 4:30 p.m.; April 2, Franklin, Ohio, Bourbon, 10; April 4, Bath Co., home, noon, doubleheader; April 5, Bracken Co., away, 4 p.m., junior varsity and varsity; April 6, Dunbar, home, 11, doubleheader; April 11, Augusta, home, 4:45, junior varsity; April 12, Lewis Co., home, 4:30; April 13, Bourbon Co., home, 4:30; April 14, Menifee Co., home, 5; April 15, Powell Co., away, 4:30; April 16, Jessamine Co., home, noon, doubleheader; April 18, Fleming Co., home, 4:30; April 19, Rowan Co., away, 5; April 20, Bourbon Co., away, 4:30;

April 22-23, Paintsville Tournament: Tates Creek, Friday, 7; Paintsville, noon, Saturday, and Betsy Lane, also Saturday, 2;

April 25, Harrison Co., away, 4:30; April 26, Paris, home, 4:30; April 27, Mason Co., away, 4:30; April 28, Clark Co., away, 4:30; April 29, Montgomery Co., home, 4:30; and April 30, Pendleton Co., away, 11 a.m., doubleheader;

May 2, Powell Co., home, 4:30; May 3, Rowan Co., home, 5 p.m.; May 4, Paris, home, 4:30; May 5, Menifee Co., away, 5 p.m.

May 6-7, Woodford Co. Tournament; May 9, Bath Co., away, 4:30, junior varsity and varsity; May 10, Bracken Co., home, 5 p.m., junior varsity and varsity; May 11, Fleming Co., away, 4:30; May 12, Woodford Co., home, 5:30; May 13, Berea, away, 5 p.m.; and May 14, Pendleton Co., home, 11 a.m. doubleheader.

Billy Anderson, "a coach for some 30 years, 26 of them in Nicholas County," is in his 24th year of teaching. He teaches health, physical education and driver's education. In all his years here, he's only had four losing seasons. "Last year was one of them. It was 16 to 18."

Yet, two years before, the baseball team ranked 13th in the state, according to the state coaches pole. In 1991, the state coaches pole ranked the team 15th in the state, Anderson said. In 1992, the team ranked as regional runners up with a season score of 26 to 10. In 1991, the season's outcome was 29 to 6.

With seven weeks before district play begin (the third week of May), the 1994 team has a tough schedule. Several competition teams are from the Lexington area. "We're playing a lot of schools in the Lexington area and they're tough competition."

As of Monday, Coach Anderson didn't know who he will select as starters. "I've got four seniors, some juniors and sophomores. I feel like I've got a good ball club this year."

Girls' softball team opens season April 1

By Leigh Stone
Of The Carlisle Mercury Staff

CARLISLE - The 1994 Lady Jackets Softball team season action begins with a doubleheader 4:30 p.m. Friday, April 1 at home against Clark County.

Coach Mike Kenney is looking forward to a good season. For the past two seasons, the Lady Jackets won the district. "We've lost the first game of regional tournament each of the last two years. We'd like to go for that this year," he said Tuesday morning.

Seventeen games are scheduled: April 1, Clark Co., home, 4:30; April 13, Tollesboro, home, 4:30; April 14, Mason Co., home, 4:30; April 18, Bath Co., home, 4:30; April 19, Powell Co., away, 4:30; April 22, Harrison Co., away, 4; April 25, Powell Co., home, 4:30; April 27, Bracken Co., home, 5; April 28, Fleming Co., away, 4:30; April 29, Harrison Co., home, 4:30;

May 4, Clark Co., away, 4:30; May 5, Fleming Co., home, 4:30; May 6, Lewis Co., away, 4:30;

May 9, Estill Co., away, 5; May 10, Bracken Co., away, 4:30; and May 13, Montgomery Co., away, 4:30.

A list of team members will be published in the April 7 issue of The Carlisle Mercury.

Eric Earlywine, far left, was one of 291 participants in this year's Nicholas County Conservation District Poster and Essay Contest. With Earlywine are Stanley Alexander, supervisor, Edgar Darrell, chairman of the Nicholas County Conservation District, Terry Regan, engineer for T. M. Regan Inc., of Lexington, Ky., who made a presentation, and Dailey Earlywine of Jockey International, who also made a presentation. Sharon Bromagen, far right, is district clerk of the conservation district.

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To the ones who removed the flower urns from the yard of the Stephenson Farm at East Union: If they are returned in good condition, nothing will be said. Otherwise, charges will be made. They belonged to the late Harlan Skeen and mean a lot to the Skeen Family.
Louise Skeen

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*Local calls will not be affected. For customers of South Central Bell's Area Calling Service (ACS), there will be no change in how you dial calls to other numbers within your ACS calling plan area.

Extension agent offers advice to protect your health

"Being outside in cold winter weather is not uncomfortable; however it can be dangerous," says Melba A. Burch, Nicholas County Extension Agent for Home Economics.

According to Allan Worms, University of Kentucky Extension Recreation Specialist, "Hypothermia can result when the body's core temperature drops below normal." "A drop of only one or two degrees may be the beginning of hypothermia," says Melba A. Burch. "Exposure leading to hypothermia can be very dangerous," warns Worms and Burch.

"It is known as the killer of the unprepared; hypothermia frequently occurs in milder temperatures in the 30-50 degrees range. Also people frequently don't know how quickly it can happen," said Worms and Burch.

Some symptoms to recognize are: uncontrollable fits of shivering, vague slow or slurred speech, memory lapses, incoherence, immobile or fumbling hands, clumsiness, frequent stumbling, lurching gate, drowsiness, and exhaustion.

"In mild hypothermia, the victim is conscious; losing temperature faster than his or her energy reserve may be rebuilt," said Worms. "It is best to get the victim out of wind and rain, remove wet clothing, and provide warm sweet drinks. Warm clothes and blankets can also help," says Burch.

Extreme caution must be used when treating victims of severe hypothermia. "The victim is already losing consciousness in severe hypothermia. The body core temperature must be raised; exterior warming, at a rate of exceeding that of the body core, can cause rewarding shock. The best treatment that can be provided is in a hospital," says Allen Worms.

To help prevent hypothermia, Worms and Burch suggested: 1) Wear layers that can be taken off as you warm from outside. 2) Avoid ice, rainy weather and sitting on the ground. 3) Eat high energy foods. 4) Let others know when to expect your return. 5) Anticipate the need for shelter.

For more information please feel free to contact Melba A. Burch, Nicholas County Extension Agent for Home Economics, Nicholas County Extension Service, 3268 East Main Street, Carlisle, KY 40311, Phone-(606) 289-2312.

Tips to keep your car on the road

(NU) - Just as Charlton Heston parted the Red Sea in the film classic "The Ten Commandments," car owners often have to overcome obstacles in their daily travels. The journey can be tough enough without mechanical failures causing breakdowns along the way.

Although the Car Care 10 Commandments are not carved on stone tablets, they should be, and car owners should follow them to help ensure safe and trouble-free driving.

- **Thou shalt not ignore brake noise.** If you hear metal grinding or high-pitched screech when you apply your brakes, you should have the brakes inspected as soon as possible.
- **Thou shalt keep a close eye on tire inflation.** Inflation should be checked at least once every two weeks. The proper tire pressure can be found in your car's owner's manual, on a sticker affixed to the door post. Under- or over-inflation can negatively affect fuel mileage, tread life, and the safety and comfort of passengers. Be sure to include the spare tire in your inflation inspection.
- **Thou shalt change the motor oil and oil filter regularly.** This is the single most important commandment, but it's also one that is commonly overlooked. Valvoline motor oil engineers recommend changing the oil and filter every three months or 3,000 miles.
- **Thou shalt not ignore a cold engine.** Even on a warm morning, your car's engine is cold from several hours of inactivity. Revving an engine before the motor oil flows freely through critical parts is an open invitation to premature engine wear.
- **Thou shalt not torture the transmission.** The transmission, like the engine, needs time to warm up in the morning. If you follow the above advice on engine starts, your transmission will also benefit.
- **Thou shalt protect the fuel system.** Don't fall to the lure of bargain-basement gasoline prices. Those off-brand gasolines often do not contain the additives that help keep your fuel system free of deposits.
- **Thou shalt not ignore the air filter.** A dirty air filter will affect performance and can allow dirt and other contaminants to reach and damage the engine's moving parts. Generally, air filters should be changed once a year or after 12,000 miles.
- **Thou shalt properly maintain the coolant system.** Coolant is the mixture of water and antifreeze, usually at about a 50-50 ratio, that helps cool the engine during operation and prevents freezing of water in the radiator when the engine is idle. Coolant also lubricates the engine block, radiator and bearings in the water pump, but can lose its effectiveness after 24 months.
- **Thou shalt not dry-wipe glass surfaces.** Any time you wipe a glass surface, such as the windshield or headlights, with a dry cloth or other material, you run the risk of scratching these surfaces with bits of dust and road dirt. These scratches can impair visibility in bright sunlight or in other adverse driving conditions.
- **Thou shalt lube grease fittings regularly.** Grease fittings are used on some cars to help lubricate moving parts in the steering and suspension systems. Be sure to include grease service as part of your routine maintenance.

Following these commandments won't necessarily get you to heaven, but they will help you to more fully enjoy your time driving on Earth.

Norm Hudecki is director of technical services for The Valvoline Co. and a popular syndicated automotive columnist. Readers can write to Hudecki with questions or to request his free brochure "The Most Asked Questions About Motor Oil" at: Norm Hudecki, Valvoline, Dept. ME, P.O. Box 8797, St. Louis, MO 63102.

Nominations sought

Each year, the Central Kentucky Counseling Association gives a CKCA "Counselor of the Year Award". The purpose of the award is to recognize those counselors who have developed exemplary counseling programs, who hold to the highest professional and ethical standards and who show a commitment of time and service to the students, parents, and others with whom they work.

Nomination forms have been sent to the school principals in Fayette and the 20 or more surrounding counties in Central Kentucky. Parents, students, and others whose lives may have been positively affected by a counselor may nominate by sending the counselor's name, place of employment, and reason for nominating to: Virginia Rollins, Awards Committee Chairperson, 224 Miller Drive, Richmond, KY, 40475. Nominations must be received no later than April 20, 1994.

The Nicholas County Ministerial Association put on their annual Holy Week Lunch Fest this week at United Methodist Church. On Tuesday, The Rev. Steve Smith of Carlisle Christian gave a talk. Area pastors took turns giving a brief sermon before a lunch was served.

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