

GENERAL NEWS

COOPERATIVE EXTENSION SERVICE

"Fruit juices are excellent sources of many nutrients, but children given too much of them may not get enough of other foods, leading to malnutrition," says Melba Burch, Nicholas County Extension Agent for Home Economics.

A recent study investigated whether drinking excessive amounts of fruit juice contributed to lack of development among eight patients, one to two years old.

Diet historians revealed frequent consumption of fruit juices between meals. The fruit juices concentrated simple sugars contributed to diarrhea, abdominal pain, and bloating in some of the children.

Children should be offered three meals and two to three snacks each day. Be sure to eat a balanced diet.

PUBLIC MEETING NOTICE - SHARPSBURG WATER DISTRICT Farmer Home Administration funding has been approved to allow the Sharpsburg Water District to extend a total of 22 miles of new water lines to Bath and Nicholas Counties.

Service to 17 potential customers along Route 1255 in Miranda.

Service to 4 potential customers along Watkins Lane (Teague Road).

Service to 15 potential customers along John Dunn Road.

Service to 4 potential customers along Watkins Lane (Teague Road).

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Methodist Conference set

All roads in the Kentucky Conference United Methodist Church area will lead to the Fall District in Mayville on Saturday, November 5.

A number of other exciting events will be held throughout the day with many women and men from throughout the Kentucky Conference participating.

"Touching and Healing" will be the theme of the all-day meeting which will be presided over by Conference President, Virginia Burrett of Lexington.

The keynote speaker will be Carolyn E. Johnson, President of the Women's Division, and Senior Research Associate for the African American Studies and Research Center at Purdue University in West Lafayette, Indiana.

Dr. Johnson's professional experience includes teaching at all levels of the public schools, and as a public school administrator in Dallas, Texas.

She is active in her local congregation, the United Methodist Church in West Lafayette, Indiana, and has served on all levels in United Methodist Women.

She has taught in Regional and Conference Schools of Christian Ministry. Dr. Johnson has also served as author of a number of articles which have appeared in various magazines.

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MEDICARE PARTICIPANT



GENERAL NEWS



Miss Sharon Wilson, far right, became "cheerleader for a day" for a little while on Friday, Oct. 28 at Nicholas County Elementary School. Her class joined in the fun. Bottom row (l-r): Ann Walker, Joy Jones, Deborah McCarty, Adam Earle, Samantha Bush, Stephanie Patten, John Evans. Second row (l-r): Nina Feaback, Antonia Barber, Christina Curtis, Jan Hunter, Andrew Howard. Third row (l-r): Andrew Marshall, Larry Adams, Eric Lutes and Godee Chusney. Top row (l-r): Joy Mitchell, Samantha Warnock, Dustin Hurt, Conley McCall and Brian Johnson.

Mitchell is District 4 candidate

By Leigh Stone
OF THE CARIACI NEWS
CARLISLE - Jimmy Joe Mitchell of 1007 Stony Creek Road is a candidate for Nicholas County School Board in District 4.

Mitchell is a graduate of the Nicholas County School system and has a definite stake in the school system's future. Mitchell and his wife, Bibbie, are the parents of four elementary school aged children, Brandon, Joey, Lemonda and Jessie.

Mitchell said he didn't know if he'd support the construction of a new high school or just add classrooms onto the current 40 school building.

Mercury

Other properties owned by Park in Kentucky include WTVQ-TV, Lexington; The Commonwealth Journal in Somerset; Kentucky County News, Grayson Junction; The Greenup County News-Times, and The Grayson Advertiser, London; The Laurel Neighbor, London; and the Lake

Baesler

in office, the more power he will have in the committee," Lester said. Lester further stated, "Congressman Baesler and his wife are tobacco farmers and know about as much of what's going on in tobacco as anyone. He is the only tobacco farmer in Congress, therefore I think he knows more about it than any Congressman in Washington."

Baesler was elected to congress after serving in the United States House of Representatives for 11 years as a member

Hall

Continued from Page 1
Carlie Community Women's Club, which meets the third Tuesday of each month at the home of a member at 7:30 p.m. The club is a not-for-profit, community-oriented organization.

Hall said she thinks the school district has great teachers and that just as soon as she has better, more modern facilities, the children and the teachers will have an atmosphere more conducive to learning.

ASCS

Continued from Page 1
Brady urged committee members as well as business persons to write to Hampton at Kentucky State ASCS, 771 Corporate Drive, Suite 100 Lexington, KY 40503-8478. Write the letter to the attention of Hampton Henson Jr. His nickname is "Happy."

Nunnally

Continued from Page 1
Frankfort with Smeot and Shroy to see about state funds for Amers Mill Bridge. The bridge is under construction now.

Elder

Continued from Page 1
Elder discussed education with students and teachers as his priorities. He said he was surprised that he was doing all the things he can possibly do right now.

MLC

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Call Nicholas County Hospital 606-289-7181 to schedule an appointment.