

**COMMUNITY FEATURES**

**Carlisle-Nicholas Tourism Inc. hosts popular events at The Old Jail**



The Carlisle Morning News Photo  
The Tea Committee of Tourism Inc. enjoyed a delightful luncheon at its first luncheon. From left are Tea Committee Hostess Ann Harper, Adrienne Wilson, Rosemarie Farah, Dorothy Young and The Old Jail County Extension Agent and guest speaker, Melba Burch. The next luncheons scheduled at The Old Jail are June 8 and June 22. The Tea Committee thanks everyone for participating and Joan Conley for taking reservations.



The Carlisle Morning News Photo  
Melba Burch, Nicholas County Extension Agent, left, and Ann Harper enjoyed the luncheon on Thursday, May 25 at The Old Jail. About 25 community members participated. Burch gave a presentation on herbs. Harper served as hostess.



Esther Myers, Patty McCune and Pam Shepherd were servers and part of the clean up crew at the annual Pig Roast sponsored by Tourism Inc. this year. The meal included cole slaw or potato salad, baked beans, and choice of dessert.

**Navy Petty Officer Donnie Mynear receives letter of commendation**

NORFOLK, Va. — Navy Petty Officer 1st Class Donnie L. Mynear, son of Sophie B. Mynear of 128 Oriole Dr., Carlisle, Ky., recently received a Letter of Commendation. Mynear was cited for superior performance of duty while assigned as Naval Reserve Center, Lexington, Ky.

He consistently performed his demanding duties in an exemplary and highly professional manner.

The 1970 graduate of Nicholas County High School joined the Navy in November 1970.



The Pig Roast held at The Old Jail sponsored by Tourism Inc. Saturday, May 27 was a big success. The food was really good, said Eugene Neal, far left, seated across from Mary and Charlie Prather.

As a general rule the most successful man in life is the man who has the best information. Benjamin Disraeli

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**PUBLIC NOTICE**

Second reading of a proposed ordinance amending the Nicholas County Budget for Fiscal Year 94-95, to include unanticipated receipts from insurance reimbursement, surplus sales, bridge reimbursement, recycling, etc., in the amount of \$67,023.13 and increasing expenditures in the area of General, Road, and Landfill Funds, will be held on June 13, 1995 at 4:00 P.M. at the Nicholas County Courthouse. A copy of the proposed ordinance with full text is available for public inspection at the office of the County Judge-Executive during normal business hours.

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**PUBLIC NOTICE**

The second reading and adoption of the Nicholas County proposed budget ordinance for Fiscal Year 1995-1996 is scheduled to be held at the Courthouse on June 13, 1995 at 4:00 P.M.

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**GENERAL NEWS**

**Lakeside under new management**

**LAKE GARNICO** - Lakeside Restaurant & Bar, Lake Road, U.S. 68, is under new management.

Bob Peters and Roseanne Paynter, both of Paris, welcome the public to Lakeside for a wide menu of food and beverages.

Peters, a firmman for the City of Paris for 18 years, said he always enjoyed visiting Lakeside and looks forward to serving customers.

"I like meeting a lot of different people. I always liked the people here. I started a few years back playing at Lakeside pool tournaments," Peters said.

Boards pool, customers will enjoy the band slated to play on 1 June 23 - Cross Plains. Peters hopes he can offer country bands throughout the month.

The Lakeside menu is varied, Paynter said. Patrons may order lunch and dinner with to go orders welcome anytime.

"We're known for our catfish," she commented.

Other menu highlights include shrimp baskets, grilled cheese, hot wings, chicken burgers, steak sandwiches, hot ham and cheese sandwiches and chicken fingers.

Lakeside is open 11 a.m. to 1 a.m. Monday through Saturday.

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Gretchen Judge, daughter of July and Wayne Judge of Carlisle, was a member of the class of 1995 at the University of Kentucky College of Pharmacy. She is currently a student at the University of Kentucky College of Pharmacy.

**Joseph earns UK scholarship**

LEXINGTON — Joseph Simpson Joseph of 378 W. Main St., Carlisle, was awarded the University of Kentucky College of Engineering Iron and Steel Society Scholarship given by the materials science and engineering department.

Joseph, a senior majoring in materials science and engineering.

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**Herbs have many home uses**



The Carlisle Morning News Photo  
Roxanne Paynter and Bob Peters welcome everyone to Lakeside Restaurant & Bar located at Lake Road and U.S. 68. A full menu is served throughout the day. Hours are 11 a.m. to 1 a.m. Monday through Saturday.

By Melba A. Burch

Nicholas County Extension Agent for Home Economics

Herbs are plants which bring beauty and color to our lives and offer us an ever increasing closeness to nature. Our changing understanding of the word "herb" reflects our changing relationship with the plant kingdom.

There was a time when all plants were considered important to humankind. Herbs and plants were considered "the children of the Earth Mother" and were used in a variety of ways.

Industrialization and the use of science and technology began to erode our involvement with nature. This concept of the term herb and even today, many people consider herbs to be only a dozen or so seasoning plants.

Many cultures and countries have always held a wide view of plants. Herbs were not divided into compartments as they are in many Western minds today.

For example, to the Chinese the chrysanthemum was first grown for their medicinal properties and was a valued ingredient of the "Taoist elixir". They were also believed to be full of magic, and perhaps the reason contributed to their beauty.

Early plant knowledge was passed on verbally. As both the body of knowledge and populations grew it became more important to record accurately and accumulated information on herbs for safe identification and usage.

Many of the earliest writings about herbs which were important in ceremony, magic and medicine.

Babylonian clay tablets from 3000 B.C. illustrated medical treatments and later they record herbal imports. During the next 1,000 years, parallel cultures in China, Assyria, Egypt, and India developed a written record of herbs used for medicinal purposes. Early Western records of herbs describe a

magical usage of plants. Egyptian writings dating from 1500 B.C. contain medical prescriptions and notes on the aromatic and cosmetic uses of herbs.

Recently, there has been a big surge in the use of herbs. Research on medicinal and cosmetic uses and new ideas for decorative and scented applications are continually adding to the large body of herbal knowledge and skills.

Uses of Herbs and Classifications

Herbs can be classified by the uses to humans:

- culinary or flavoring purposes
- medicinal purposes
- fragrance, decorations

Today, there are plenty of books which can help you find recipes to use herbs in cooking and decorations for the home. You can also find books that give recipes for medicinal applications.

However, UK Extension Home Economist Specialist Sandra Bostin recommends you check with the family physician before using medicinal herbs. Some have not been approved by the FDA to be safe to consume.

For information on how to practice on herb test materials, call the American Therapeutic Practitioners Association at 1-800-992-5279.

For an informative booklet on a new VCR with exercise program, call Sunbeam at 1-800-800-8282, ext. 404.

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