SOCIAL

Saltwell News

By Mrs. Fred Hollar

Mrs. Faye (Memi) Bell and Mrs. Kinley Davidson and children, Jared, Isaiah and Gwendolynn of Carlisle spent Wednesday with Mr. and Mrs. Larry Flora.

Mr. John Barrett of Carlisle returned home on Wednesday after a 10 day stay in the Nicholas County Hospital. He is still confined to his room.

A large crowd attended the Thanksgiving service at the Headquarters Church on Wednesday night. Dr. McKemie brought a very inspiring message and a lovely meal and time of fellowship was enjoyed by all.

Mr. Paul Jones was confined to his home several days recently but is out again and improving.

Mr. and Mrs. Jeff Kerr of near Winchester spent Saturday with Mr. and Mrs. Sterling Hollar.

Mr. and Mrs. Frank McCoy entertained with a lovely supper on Friday night the following, Rev. and Mrs. Tom Withrow, Mike and Mark Withrow, Mr. and Mrs. Carl Cohorn, Mr. and Mrs. Donnie Peck, Mr. and Mrs. Fred Hollar, Mr. and Mrs. Vaughan Mattox, Mrs. Nell Gaunce, Jim McCoy, Robbie Hunter, Jan and Keith Hunter and Lacey Mitchell. A time of fellowship was enjoyed by all.

Chris Hollar of Richmond spent Saturday and Sunday night with Mr. and Mrs. Gary Hollar. He also visited Mr. and Mrs. Fred Hollar and Ramona George.

Mrs. Nyiri Stacey and Jerri Nell were Wednesday night supper guests of Mrs. Nell Gaunce.

J.R. Kenney, Chris and Scott Kenney visited Mrs. Mae Kenney on Sunday.

Mrs. Phylis Brady visited Mr. and Mrs. John Paul McCree and Mrs. Christine Rodgers and others the past week.

Edward O'Neal and Phyllis Brady were Sunday dinner guests of Mr. and Mrs. Charles Doyle.

Hospital Notes

Admissions & Discharges 11/8/95 through 11/14/95

ADMISSIONS

Carlisle - Sally Markwell, Jennifer English, Adrian Lea, Otha Crawford, Frances Hammonds, Mildred Duncan, Carol Watkins, Sanford Watkins, Florine Hollar, Katherine Tyrrer, Cynthiana - Alva Whiles. Ewing - Micael Hollon. Mt. Sterling - Cray Shields.

DISCHARGES

Carlisle - Ella Kimes, Bertie Tapp, Ollie Brown, James Davis, Adrian Lea, Jennifer English, Irene Brown.

Cynthiana - Alva Whirles. Ewing - Michael Hollon. Moorefield - Michelle Smith. Mt. Olivet - Eloise Henson.

Nicholas County Co-Operative

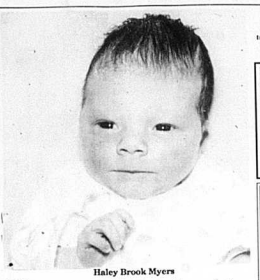
Extension Notes

By Melba A. Burch
Nicholas County Extension Agent for Home Economics

REPLACE SODIUM WITH HERBS, SPICES

"Herbs and spices gives health-conscious cooks a flavorful alternative to salt," says Melba A. Burch, Nicholas County Extension Agent for Home Economics. Reduced salt consumption is recommended for a number of medical conditions including high blood pressure, cardio-vascular problems such as heart disease and fluid retention, kidney diseases and pregnancy. Since the taste for salt is acquired, you can gradually reduce intake by using herbs and spices to replace salt.

Eventually, you will be able to reduce the amount of salt in recipes or quit adding salt in recipes or quit adding salt at the table. And you won't even miss it. Herbs and spices have distinctive aromas and pungent flavors that add zest and contrast to food while helping you lower overall salt intake. You also can use other seasonings to replace salt. These include lemon, lime or orange juice or peel, vinegar, nuts, seeds, onion, garlic, red or green peppers, pimento and raisins - to name a few. Let your tastebuds and imagination be your guide regarding how much and which spices or herbs to use. If a recipe isn't available, start with one-fourth teaspoon per four servings of food. Begin with one-eight teaspoon if using red pepper or garlic powder. If you've not browsed the spices section of your grocery store, take some time on your next visit to view the selection of individual spices and read labels for seasoning suggestions. You'll also find many ready-made seasonings including low or non-salt mixes and flavored peppers. Always check the ingredient label for added salt. These are suggested spices, herbs and seasonings to use with various foods. Remember, there are no hard and fast rules. Let creativity be your key and praise will be your reward. Use allspice, nutmeg, cinnamon, or lemon, lime or orange peel to reduce salt in yeast breads, coffee cakes, cookies, pies and cakes. However, salt does play a role in making quality baked goods so it can't be removed completely. To give zest to cottage or cream cheese, add chives, basil, sage, vegetable flakes, onion or garlic powder, or vinegar. Season deviled eggs, omelets or scrambled eggs with basil, chili powder, chives, marjoram, rosemary or thyme. You can use many herbs and spices on meats, chicken, fish and seafood. Some often used on meats or poultry include bay leaf, basil, cumin, garlic, marjoram, mint, rosemary, oregano, sage, thyme and citrus juice or peel. To add zest or fish or seafood, try bay leaf, dillweed, garlic, lemon pepper, tarragon, citrus juice or peel, horseradish or vinegar. Spices or herbs used in soup will depend upon the food used as its base. Salt-replacement seasonings for vegetable-based soups can include bay leaf, chili powder, chives, garlic, marjoram, oregano, rosemary, sage, savoy, or thyme. Spices or herbs used to flavor meat, chicken, fish or seafood main dishes also can be used in these soups. Other seasonings for vegetable dishes include ginger, mint, nutmeg, cinnamon, dill, caraway, or sesame seeds, vinegar, nuts, citrus juices or peel. Paprika, black pepper and parsley are so versatile that they can be used to compliment the flavor



Haley Brook Myers

Myerses welcome daughter

Mr. Todd and Mrs. Melissa Myers announce the birth of a daughter on September 7, 1995 at Harrison Memorial Hospital. She weighed six pounds, one ounce and was 18 inches in length. She has been named Haley Brook.

She is the grand-daughter of Diane Bourne, Stevie and Susie Myers, and Crystal and Donnie Gray. Her great-grandparents are Billy and Ernest Gray, Shirley and Jimmy Henderson, and Rosie and Elmo Myers. She is the great-great grand-daughter of Loraine Litsinger of Augusta.

MCC welcomes honor students

MAYSVILLE - Several local residents were inducted into the Maysville Community College Beta Alpha Rho Chapter of Phi Theta Kappa Honor Society.

The ceremony was held Oct. 26 in the Fields Auditorium at MCC. Induction is the highest honor a student can receive in a community college. A student must obtain a cumulative grade point average of 3.5 or better and complete 12 credit hours at MCC to be considered. The four cornerstones of Phi Theta Kappa are leadership, scholarship, service and fellowship.

Inducted locally were Linda Capps of Moorefield, Jennie Fryman of Carlisle, Margaret Johnson of Flemingsburg, Debbie Richardson of Cynthiana, Penny Welch of Ewing.

Candlelight vigil for MADD Dec. 2

HARRODSBURG - The Kentucky State Organization of Mothers Against Drunk Driving will sponsor its Sixth Annual Statewide Candlelight Vigil at 5 p.m. Saturday, Dec. 2 in Frankfort at the steps of the State Capitol.

Immediately following the vigil, a reception will be held at the auditorium of the Investor's Heritage Insurance Building, located at the corner of Second and Shelby Streets.

ROCKHAVEN AUCTION
Rt. 68 • Carlisle, KY
BIG CHRISTMAS SALE
Thursday, December 7, 1995 • 6:00 pm
Everyone Welcome
O.D. Rudd • Owner/Auctioneer
Eddie Caskey • Apprentice Auctioneer

Movies 9
1-64, EXIT 94 • WINCHESTER PLAZA
WINCHESTER • 745-4900
STEREO SURROUND SOUND IN ALL AUDITORIUMS
$3.00 ALL SHOWS BEFORE 6 PM
CASINO 1:00 4:30 8:00
TOY STORY 12:40 2:50 5:00 7:20 9:05
KNOCKOUT
JOHNNY DEPP NICK OF TIME 1:30 4:10 7:30 9:50
"MONEY TRAIN" PG-13 1:10 4:00 7:20 10:00
"POWDER" PG-13 SHOWTIME 1:20
GET SHORTY 4:30 7:20 9:50
ACE VENTURA PET DETECTIVE 12:30 2:40 4:50 7:10 9:30
IT TAKES TWO 1:20 4:30 7:20 9:40
MICHAEL DOUGLAS THE AMERICAN PRESIDENT 12:45 4:20 7:10 9:40
SHOWTIMES FOR 11/24-11/30. CALL 745-4900 FOR THANKSGIVING DAY SHOWTIMES

Thanks to each and every person who supported the Democratic ticket during the General Election campaign. Your individual support was a critical factor in creating the Democratic victory on November 7, 1995.
Thank you,
Dr. Bob Sparks

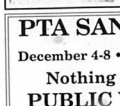
Good Golly,
Could this be HOLLI?
Happy 13th Birthday!!
Love,
Mom, Dad & Shellie

PTA SANTA SHOP
December 4-8 • 8:00 am - 3:00 pm
Nothing over $10.00
PUBLIC WELCOME
Nicholas County Elementary School

ASHTON'S CARPET CARE
Residential & Commercial
Carpet and Upholstery
Steam Cleaning
Truck Mount System
Don't let Santa see that dirty carpet.
Santa Special • 3 rooms & hall for $50
Call 1-800-624-6573 or 606-845-8608

The most dangerous of all falsehoods is a slightly distorted truth.

—G.C. Lichtenberg



Happy birthday,
Betty Jo!!
You're the best!
From,
Mark & Kids (Mark Thomas, JoAnn, Kevin, Erin, & Samuel)

HURST'S LUMBER, INC.
For All Your Lumber Needs!
•Lengths Up To 30 Feet
•Discounts On Large Orders
•Barn Patterns •Barn Siding •Wagon Flats • Tobacco Sticks •Fencing •Hemlock Barn Siding •Cut Up Firewood
1013 North Just 1/2 Mile Off Highway 32
Between Flemingsburg and Morehead
606-876-2213 • Located in Fleming County

You may pay a lot more elsewhere, but you won't see any better.
Free Eye Exams! Our gift to you!
Come celebrate our one year anniversary in Mt. Sterling and receive a free eye exam with purchase of contacts or glasses.
Lowest Prices! If you find a lower price bring in the ad and we'll beat it by 10%
Complete frame & lenses $99
VISION for LESS
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(Off bypass near Wal-Mart)
498-9144 or 1-800-461-5065
Open Monday thru Saturday 9 a.m. - 5 p.m.
Buy 1 Pair, Get the 2nd Pair for you or a friend Free!
Purchase one pair of glasses from our Designer Collection and receive a second pair from our Value Collection Free!
$99 Eye exam, One Pair Ciba Daily Wear Soft Contacts† and One Pair of Glasses*
†Bleeds $20 extra.
90 Days Same as Cash!
Buy now and pay later for purchases over $100 with approved credit.
Now In Mt. Sterling, London & Lexington!
Visit Our London Office • 140 London Shopping Center (606) 877-1101 • Monday - Saturday 9:00 am - 5:00 pm
Visit Our Lexington Office • 114 E Reynolds,across from Fayette Mall (606) 271-8220 • Mon - Thu 9am - 7pm, Fri & Sat 9am - 5pm

Miracle Revivals coming to Carlisle

Evangelist Charles Collins and wife Barbara will be coming to Carlisle with Miracle Revivals at a date to be later announced. For more information, call 513-474-4686 or write: Miracle Revivals, Charles Collins Ministries, P. O. Box 44268, Cincinnati, Ohio 45244.

SPORTS HEROES

by Marie Bettinger, Racine, WI

Match each sport character to his accomplishment.

1. Hit 755 home runs
2. All-time leading NBA scorer
3. 3-time heavyweight boxing champion
4. Wimbledon 5-time champion
5. 7-time U.S. Auto Club champion
6. Boston Celtic forward, scored over 26,000 points
7. Chicago Bears running back, made the most yards in NFL history
8. 4-time Indy 500 winner
9. Outstanding home run leader
10. Had longest hitting streak in major league history

A. Joe DiMaggio
B. Henry Aaron
C. Bjorn Borg
D. A.J. Foyt
E. Muhammad Ali
F. Kareem Abdul-Jabbar
G. Walter Payton
H. Al Unser
I. Roger Maris
J. John Havlicek

ANSWERS: 1. B, 2. F, 3. E, 4. C, 5. D, 6. J, 7. G, 8. H, 9. I, 10. A

Kids in the KITCHEN

Going Bananas

Ruth Burdette, Frederick, MD

Ingredients:

- 1 banana for every 3–4 children
- Carob syrup
- Crushed graham crackers
- Craft sticks

Peel bananas and cut each into three or four pieces. Push a craft stick into each piece. Dip the banana into the syrup and roll it in crushed graham crackers. Place on a tray and freeze.

Nursery Nibbles

Virginia Kroll, Hamburg, NY

Match the nursery rhyme characters with the food or drink.

1. Little Jack Horner
2. Jack & Jill
3. Simple Simon
4. Little Miss Muffet
5. Peter Piper
6. Queen of Hearts

A. curds & whey
B. pickled peppers
C. water
D. Christmas pie
E. tarts
F. pie

ANSWERS: 1. D, 2. C, 3. F, 4. A, 5. B, 6. E

Seek & Find

Shirt Off Your Back

Beverly L. Puterbaugh, Piqua, OH

All the words hidden in this word search relate to articles of clothing. Remember, words can be repeated twice and can run forward, backward, vertically or diagonally.

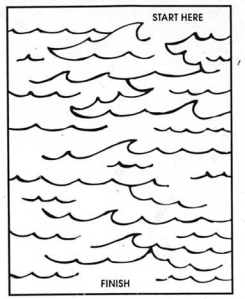
B B J L D X T E N N O B N U S
I O P C B E R E T Q P Q O A X
K O B L O U S E D R E S S U L
I T E K C A J R C W N H L E W
N S L A C K S V B E N M I A A
I W A C C O A T T E S D P G H
R B M V A J R T C T J H G L S
A P R O N I I K N F T U X O W
E Z O O K M T A E L D Z T V E
W E F S L I P P E R S A I E A
R I S V E S T B A S H O E S T
E M K L T A M Q N C O L C C S
D S C K S L I C K E R I O L U
N U O S G N I K C O T S X U I
U E S H O I F R A C S H I R T

Anklets	Coat	Necktie	Skirt	Sweatsuit
Apron	Dress	Pants	Slacks	Tam
Belt	Formal	Sash	Slicker	Tux
Beret	Gloves	Scarf	Slip	Underwear
Bikini	Hat	Shawl	Slippers	Vest
Blouse	Hose	Shirt	Socks	
Boots	Jacket	Shoes	Stockings	
Cap	Mittens	Shorts	Sunbonnet	

The Carlisle Mercury FUN PAGE

MAZE CRAZE

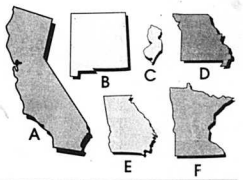
Moses performed many miracles. One of them was parting the Red Sea as the Israelites were escaping from slavery. Find the one way through the Red Sea!



Can you name these states?

Match these facts with the right state.

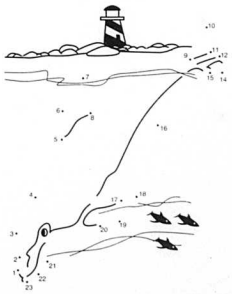
1. Mississippi River starts here.
2. Hottest recorded temperature in the U.S. (134°F).
3. World's first four-lane highway.
4. Leads nation in dry ice production from carbon dioxide wells.
5. Headquarters in 1719 for Blackbeard the pirate.
6. Ice cream cone originated here in 1904.



ANSWERS: 1. D, 2. C, 3. F, 4. A, 5. B, 6. E (Mississippi, 2. Death Valley, California; 3. Dixie Highway; 4. Dry Ice Corporation; 5. Pirate Museum; 6. St. Louis, Missouri)

Dot-To-Dot

What is a mammal but lives in the sea? Connect the dots to find the answer!



ANSWERS: 1. dot, 2. wagon, 3. cart or carriage, 4. boat, 5. trailer, 6. lake, 7. canoe, 8. buggy, 9. trolley

An O-O Puzzle

by Rosie Centonze, Tilson, NY

Fill in the missing letters to find the right answers. Example: An extinct bird—dodo.

1. Dorothy's dog in *The Wizard of Oz*: _o_o
2. If it's not too bad, it's: _o-_o
3. A jumping stick: _o_o
4. A game played on horseback: _o_o
5. Santa's laugh: _o,_o
6. A company's emblem is called a: _o_o
7. Toddlers like to say: _o _o

ANSWERS: 1. Toto, 2. so-so, 3. pogo, 4. polo, 5. ho, ho, ho, 6. logo, 7. no no

Quiz

What is a vowel?

A vowel is a kind of sound you make in speaking. Most of the vowel sounds used in English are shown by the letters a, e, i, o and u.

"R" Animal Riddles

An animal whose name begins with "R" is described in each poem. Can you name it?

1. Masked, with striped tail a-swishing,
It washes its catch when it's finished fishing.

2. It sprints along the desert plains,
Beeping out horn-like refrains.

3. Broad of wing and black of feather,
Its group is loud when they caw together.

4. Over the ocean floor it glides,
This thin, flat fish in sand will hide.

5. With Lapland folks and elves, as well,
Does this antlered creature dwell.

6. With snake-like tail and long, whiskered face, This menacing rodent is found everyplace.

ANSWERS: 1. Raccoon, 2. Roadrunner, 3. Raven, 4. Ray, 5. Reindeer, 6. Rat

Pen Pals

Do you want to write to kids across the country who have the same interests as you? Send a post card with your name, address, and three favorite hobbies to:

Pen Pals; Pack-O-Fun; 701 Lee St., Suite 1000; Des Plaines, IL 60016-4570

"S" Starts The Word

Read the clues, then add an "s" to the words below, matching each word to the right clue.

1. "X" marks the
2. going down to the bottom of the water
3. word that means "halt"
4. to close
5. mark left from injury
6. shut a door forcefully
7. small argument
8. hit with an open hand

a. pat	d. pot	g. car
b. hut	e. jam	h. top
c. lap	f. ink	

ANSWERS: 1. d, spot; 2. f, sink; 3. h, stop; 4. b, shut; 5. g, scar; 6. c, slam; 7. e, spat; 8. a, slap

Transportation

by Virginia Kroll, Hamburg, NY

Add one or more letters to the end of each word to name a vehicle used in transportation. For example: steam to steamer.

1. plan	4. boa	7. can
2. wag	5. trail	8. bug
3. car	6. tax	9. troll