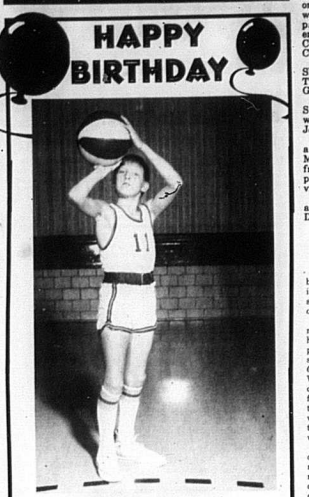
People



Soap Updates

ALL MY CHILDREN: Tina had a message for Mateo. Jake confronted Liza with a stunning admission. Vanessa attempted to cover for Palmer's misdeeds. Leo extended Becca a special invitation. Tad finally caught on to Stuart's game. **Wait To See:** Adam takes stock of the changes in his life.

AS THE WORLD TURNS: Oakdale reacted to Margo's trial. Molly tried to reach out to Chris again. Lily reassessed her decision about Holden's new job. Lucinda had an offer for Jake. **Wait to See:** Margo has an important memory flash, but will it be too late to help her?

THE BOLD AND THE BEAUTIFUL: Brooke's plan to make friends with Stephanie backfired. Adam told Rick he wanted answers about his involvement in Kimberly's trip to Paris. Rick was appalled by Tawny's behavior. Darla tried to help Macy with her relationship with Thorne. Rick made an agonizing decision about his future. **Wait To See:** Thorne makes a sudden decision.

DAYS OF OUR LIVES: Greta reacted joyfully to being reunited with her mother. Nancy offered a girl named Chloe a new chance in life. Shawn sang for Belle. Victor had a surprise for Kate. Shawn felt uneasy about Bo and "Hope." **Wait To See:** John is victimized by a mystery "ailment."

GENERAL HOSPITAL: Jax was rebuffed in his effort to help Jerry. Carly was crushed by Jason's heartfelt admission. Bobbie made a difficult decision about Jerry. Sonny caught Hannah in a seemingly compromising position. **Wait To See:** Jax may find help for Jerry, but at what price?

GUIDING LIGHT: Jim made a pact with Edmund. Jesse learned Michelle's secret. Meanwhile, Carmen worked to have Michelle declared guilty. Josh and Reva made a painful decision. Rosa and Blake grew closer. Pilar had a confession to make. **Wait To See:** Phillip and Beth face a new challenge.

ONE LIFE TO LIVE: Lindsay almost told Sam she's not sure who fathered Matthew. Bo asked Ben if he tried to hurt Max as revenge for Grace. Renee was thwarted again in her attempt to tell Asa that Max deceived them both. Dorian gave Will a check for the money he asked for earlier. Later, Asa learned Will took money from the Megan Foundation. **Wait To See:** Renee makes a decision about Max.

PASSIONS: Luis feared Sheridan might die without medical attention. Gwen broke up with Ethan. Tabitha continued to encourage Kay to keep Charity and Miguel apart. Julian arrived in Santa Fe to make sure Sheridan and Luis don't learn the truth. Grace shared her fears of evil in Harmony with Father Lonigan. **Wait To See:** Tabitha decides to make full use of her powers, and that's not good for Charity.

THE YOUNG AND THE RESTLESS: Paul felt increasingly uneasy about Chris. Later, he got some information about the letter from Victoria's "number one fan." Brad wondered about Victor's reaction if he learned about him and Nikki. Meanwhile, Nick pushed Ramona for information on Victor's whereabouts. Billy brooded over Mac's decision to go to the dance with Raul. **Wait To See:** Nikki gets an upsetting call.

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SALTWELL NEWS

Mr. and Mrs. Jeff Mattox and children attended the Christmas Parade in Carlisle on Saturday evening. Amanda was a participant of the parade riding atop a fire engine as part of the Nicholas County Middle School Cheerleaders.

John Lee Allison of near Sharpsburg spent the day on Thursday with Mr. and Mrs. Gary Hollar.

Jonathan Mattox spent Saturday night and Sunday with his grandmother, Mrs. Jean Mattox.

Mrs. Gladys Kenny remains a patient at Harrison Memorial Hospital as a result from a fall at her home this past week. She has had many visitors during her stay there.

Mr. and Mrs. Fred Hollar attended the funeral of Mrs. Dorothy Jean Fryman on Friday afternoon. She was the first and oldest child of Mrs. Alberta Gaunce and the late Walter Gaunce and she was one of seventeen children. Mrs. Fryman was buried in Battle Grove Cemetery.

Mrs. Bobby Brady enjoyed seeing "The Old Homestead" village of Carl Storey's at Fairview on Saturday and enjoyed the gospel signing of "God's Trio" that night in the little country church.

Mrs. Phyllis Brady visited Mrs. Gladys Kenney and Mrs. Ruth Jones at Harrison Memorial Hospital and also Mrs. Ruth Ishmael at Nicholas County Hospital this past week.

Mrs. Phyllis Brady enjoyed the candlelight communion service at the Cold Indian Creek Baptist Church on Sunday afternoon.

Luncheon to be held at country club

The Bourbon County Christian Women's Club invites all ladies in Bourbon and surrounding areas to attend "A Candle Lite Christmas" it will be held at the Stoner Creek Country Club on Wednesday, December 15, 1999 at 11:30 a.m.

Our special feature will be "Candles Aglow" with Charlesetta Ardery and her Partylite candles and arrangements. She is going to show us how to get all lit up just in time for Christmas.

Music will be "De-lite-ful Melodies" by Freda Rogers who is from right here in Paris and sghe will be "de-lite-ing" us with some lovely songs.

The speaker for December is Debbie Mills and she is joining us from Knoxville, Tennessee. Debbie's husband is a pharmacist and she is a former dental assistant. She now owns her own business in Custom Home Fashion. She has traveled and spoken throughout the southeast. And now she will be "en-lite-ening" us with some of her life experiences.

There will be a free nursery provided for preschool age children. Please bring a sack lunch.

For all reservations, call Lucille Derrickson at 987-2201, Carol Perkins at 987-0360 or Martha Shelley at 988-9972.

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KENTUCKY CHRISTMAS CHORUS
You are invited to join in the 12th annual Kentucky Christmas Chorus December 14, 7:30 – 9 p.m. in Lexington's Rupp Arena. Doors open at 6 p.m. with holiday festivities beginning at 6:15 p.m. Large groups should register in advance by calling (606) 258-3026.

Family Mealtimes: Sharing A Meal And So Much More

(NAPS)—In today's hustle and bustle world, sitting down to a family meal may be more difficult, but shared meals remain a valuable opportunity to share quality time.

"The table is where we mark milestones, divide dreams, bury hatchets, make deals, give thanks, plan vacations, and tell jokes," says Doris Christopher, author of *Come to the Table*, published by Warner Books. "It's also where children learn the lessons that families teach: manners, cooperation, communication, self-control, values. Following directions. Sitting still. Taking turns. It's where we make up and make merry."

Many people may not be aware of the positive impact shared mealtimes have on children. The ritual of sharing meals gives children a feeling of belonging. Sitting down to share food and conversation provides them with social skills that are crucial to survival in the bigger world. According to the American Dietetic Association, "Children's nutrition profoundly affects their ability to learn, develop and stay healthy...Children who eat regularly with their families reap social, emotional, and psychological benefits."

Sharing a family meal does not always mean eating dinner together. In *Come to the Table* Christopher suggests, "Somewhere, somehow, there's a little free time lurking in everyone's day. It just takes a bit of imagination to find it. For some families, breakfast may be the answer; for others, perhaps Sunday brunch. And there's no law against marshaling the troops to a restaurant, or serving Chinese takeout every now and again."

"Nourishment is more than the five food groups. At a family meal, there is also nourishment of self-image and worth. When we listen to others tell us about their day and express our own thoughts and beliefs, we gain understanding, build bridges of trust and learn about love and commitment."

In *Come to the Table*, Christopher asks, "Isn't it worth the investment of effort and time to summon your family to the table? Because the more times you do it, the better your odds of high reading scores, happy marriages, solid values, and bright, healthy kids."

Christopher's delicious recipe for BBQ Chicken Twister is a favorite with her family. It can also be a tasty excuse to gather your family together.

Author Doris Christopher stresses the importance of shared family meals in *Come To The Table*.

BBQ Chicken Twister

- 1 tablespoon butter or margarine
- 1 cup chopped onion
- ⅔ cup sliced celery
- ⅔ cup chopped green bell pepper
- 1 garlic clove, pressed
- 3 cups chopped cooked chicken
- 1½ cups barbecue sauce
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper
- 2 tablespoons cornmeal, divided (optional)
- 1 package (11.5 ounces) refrigerated cornbread twists

Yield: 6 servings

Nutrients per serving: Calories 400, Fat 16g, Sodium 1030mg, Dietary Fiber 2g

Doris Christopher is founder and president of The Pampered Chef, Ltd., a direct-selling company that markets kitchen products through in-home cooking demonstrations. For more information, call 1-800-266-5562 or visit www.pamperedchef.com.

Preheat oven to 375°F. Melt butter in 12-inch skillet over medium heat. Add onion, celery, bell pepper and garlic to skillet. Cook and stir 3-4 minutes or until vegetables are tender. Add chicken, barbecue sauce, salt and black pepper. Cook 5 minutes or until mixture comes to a boil, stirring occasionally. Spoon chicken mixture into Deep Dish Baker or 9-inch pie plate. Sprinkle 1 tablespoon of the cornmeal over cutting board. Unroll cornbread twists over cornmeal. Sprinkle with remaining cornmeal. Separate dough into strips along perforations. Starting at center of Baker, twist and place half of strips over chicken mixture in spoke-like fashion. Pinch ends of strips together at center. Twist and place remaining strips around the edge of Baker. Bake 20-25 minutes or until hot and bubbly.

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House On Haunted Hill

The Nicholas County Middle School Cheerleaders would like to thank the Nicholas County Fire Chief, Mark Hughes for allowing them to ride through the parade Saturday night on the fire truck. We really appreciate this.
Again, many thanks!!!
Nicholas County Middle School Cheerleaders

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Obituaries

Jesse James Ishmael

Jesse James Ishmael, 74, of Suggs Road, husband of Sylvia Copp Ishmael died on Sunday, December 5, 1999 at Johnson-Mathers Nursing Home.

He was born in Fleming County to the late James H. and Clara Mae Jolly Ishmael, a U.S. Army veteran of World War II, was a retired employee of the Weaver Corporation Paris, and attended the Oakland Mills United Methodist Church.

Other survivors include a son, George (Donna) Ishmael, Carlisle; three daughters, Leslie Ishmael Craig, Paris, Tracy (Sudeep) Kumar, Dry Ridge, Amy Ishmael, Falmouth; a brother, Kenneth Ishmael, Carlisle; three grandchildren, Brad and Sharon Craig and Erica Kumar.

Services were held on December 8, 1999 at the Mathers-Gaunce Funeral Home by Rev. Richard Gardner with burial with military rites in Elizaville Cemetery.

Casketbearers were Brian Craig, George, Kenneth and Amy Ishmael, Alan Jobe, Frank Kilburn and Sudeep Kumar.

Tony M. Slone

Tony M. Slone, son of Alex and Roberta Shepherd Slone of Carlisle, died on Friday, November 26, 1999.

In addition to his parents he is also survived by a son, Matthew Joseph Slone, six sisters, Jeanette Henderson, Bonnie McKinney and Sue Halbert of Floyd County, Kentucky; Mary (Sis) Bond of Morehead, Kentucky; Donna Kay Williams of Maryland and Lois Ann Bond of Maysville, Ohio; six brothers, Timothy and Wm. (Buck) Slone of Floyd County, Kentucky, Mickey, Alex, and Kenneth Slone of Harrison County and Eddie Jean Slone of Sharpsburg.

Other survivors include a special little girl, Chelsea Dawn Fryman and a special friend, Carol Faye Fryman of Carlisle. Funeral services were conducted on November 30, 1999 at the Nelson Frazier Funeral Home in Martin, Kentucky with burial at the Shepherd Family Cemetery in Floyd County.

Nephews served as pall bearers.

PHOTO SUBMITTED

DEDICATION CEREMONY. • • The Bell Tower and Garden Dedication was held on Sunday, October 17, 1999 at the Shrine of Our Lady of Guadalupe, Carlisle. The three bells in the new bell tower rang out in the beautiful garden. Herman Russell, owner of A & L Ornamental Iron in Paris made the iron arches. Shown from left to tight are Rev. Thomas Thai, Herman Russell and Rev. Thomas Farrell who had many reasons to smile on this long awaited day. A reception was held in St. John's Hall following the dedication..

To place a classified, call 289-2464

Essay contest

An essay contest is being sponsored by Mr. Steven "Buck" Duley of Shaolin-do Martial Arts School, and United Way of the Mountains, Inc. The subject of the essay will be why you want to take martial arts lessons and what you hope to achieve by taking martial arts lessons. Prizes are one year of martial arts lessons, including all necessary uniforms, equipment and belt testing fees.

The contest is open to individuals from Kindergarten through college. Essays should be at least 2 paragraphs but not more than 5 paragraphs. Submitted essays will not be returned and will become the property of Shaolin-do Martial Arts School. The winning essays will be published in local newspapers and will be on display at Shaolin-do Martial Arts School. Please include current year of school.

All entries must be postmarked or received no later than January 1, 2000. Prizes are non transferable. Martial arts lesson packages are valued at $500 each. All essays should be forwarded to SIFU Steven "Buck" Duley at Route 1, Box 490A, Ewing, Kentucky 41039.

Healthy hearts support group to meet

Dr. Samuel Gehring will be the guest speaker for the December 15, 1999 meeting of the Fleming County Hospital's Healthy Hearts support group. Healthy Hearts is designed for people who have cardiac/pulmonary disease.

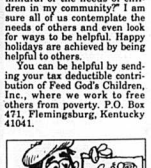
The group meets regularly on the third Wednesday of each month at 6:00 p.m., in the west wing conference room at Fleming County Hospital. All meetings are free and open to the public.

For information regarding the Healthy Hearts support group or cardiac or pulmonary rehab, call 606-849-5097 or 606-849-2351.

Feed God's Children, Inc.

As we approach the new millennium, I frequently ask myself, "Have I done everything I can for my neighbors in need? Have I assisted individuals and families in my community to the best of my ability? As a corporate member of my community, have I been mindful of the needs of children in my community?" I am sure all of us contemplate the needs of others and look for ways to be helpful. Happy holidays are achieved by being helpful to others.

You can be helpful by sending your tax deductible contribution of Feed God's Children, Inc., where we work to free others from poverty. P.O. Box 471, Flemingsburg, Kentucky 41041.



In painting, the term *trompe l'oeil* refers to fine, detailed rendering of objects to convey the illusion that the painted forms are real and three-dimensinal. the term literally translates as "fool the eye."

Your Horoscope by Natasha

ARIES (March 21 to April 19) Meditation puts you in touch with the philosophy of your feelings. You realize that your imagination is based on the great ideas that people have pondered in the past.

TAURUS (April 20 to May 20) You feel as if you are dragging more than your fair share of baggage around with you everywhere you go. Learn to maximize your capacity rather than passing it all off onto an unsuspecting person.

GEMINI (May 21 to June 20) Your power is most strongly based on your ability to draw from within yourself. A challenge brings your skills to a new level, and you leave the field of competition with respect from all who are involved.

CANCER (June 21 July 22) You may feel a sense of shyness that makes you want to be alone. Know that being alone and being lonely are two separate things. Use the silence to soothe your emotions.

LEO (July 23 to August 22) An energy is being exuded from you in wavelengths of incredible frequency. Perhaps you are able to convert the sunlight in your favor. Share your spirit with those around you.

VIRGO (August 23 to September 22) The generosity that you contain within could come head-to-head with a certain stinginess. The battle that ensues is enough to knock anyone out.

LIBRA (September 23 to October 22) The ability to analyze the unseen allows you to read into the actions of others. The stories you are able to accumulate make for a novel that could hit the best-seller list.

SCORPIO (October 23 to November 21) Watch for those who may be plotting and planning against you when you are looking the other way. Do your best not to stoop to their level when you discover their antics.

SAGITTARIUS (November 22 to December 21) Creativity bubbles up from the depths of your soul to surprise you in weird and wonderful ways. Go with the flow that is led by your childish and imaginative intuitions.

CAPRICORN (December 22 to January 19) Probing the unknown leaves you with a bad taste in your mouth. Even the known can be a bit unsettling. Make sure that the light is adequate enough for the job you've undertaken.

AQUARIUS (January 20 to February 18) The intensity with which you find yourself going through your week almost amazes you. There are extremes in many different areas that are vying for you to apply it toward them.

PISCES (February 19 to March 20) If you are standing by the sidelines, people may assume that you are not an active part of the game when that couldn't be further from the truth. The team captain does not necessarily have to be the best player.

YOU BORN THIS WEEK: Your ability to steady the ship even when the sea throws up a storm makes you an extremely desirable shipmate. You have the potential to shine whether you are a deckhand or the captain. The equality with which you treat

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